

o(re)ss (re)cap acqui(re) out(re)ach



(re)lease exp(re)ss (re)cap acqui(re)

















(re)lease

(re)cap

# AMES HIGH SCHOOL SPIRIT

2014-2015

out(re)ach

1921 AMES HIGH DRIVE  
AMES, IA 50010  
(515) 817-0600

acqui(re)

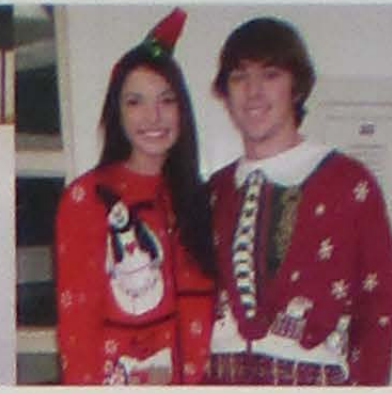
exp(re)ss





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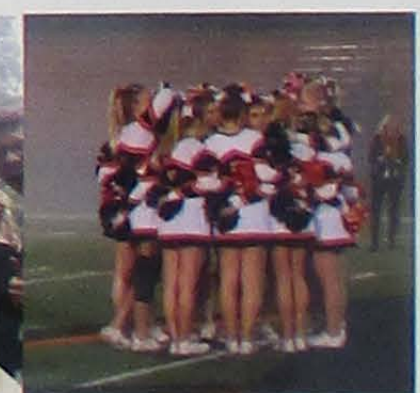
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# TO ENCAPSULATE WHAT MAKES AMES HIGH WHAT IT IS, WE CHOSE 5 WORDS CONTAINING THE LETTERS **(RE)** THAT CAN BE FOUND THROUGHOUT THE YEARBOOK

## acqui**(re)** • academics

Ames High students spend each day working their hardest to acqui**(re)** the knowledge that is necessary for them to have a bright future.

## out**(re)**ach • clubs

Students involved in Ames High's many clubs enjoy working together for something they all enjoy. For many clubs, this includes helping the community through out**(re)**ach efforts.

## exp**(re)**ss • the arts

Students involved in the music, art, and drama departments exp**(re)**ss themselves in a variety of ways. Whether they are painting, singing, acting, drawing, or playing a musical instrument, Ames High students make a beautiful impact on the world.

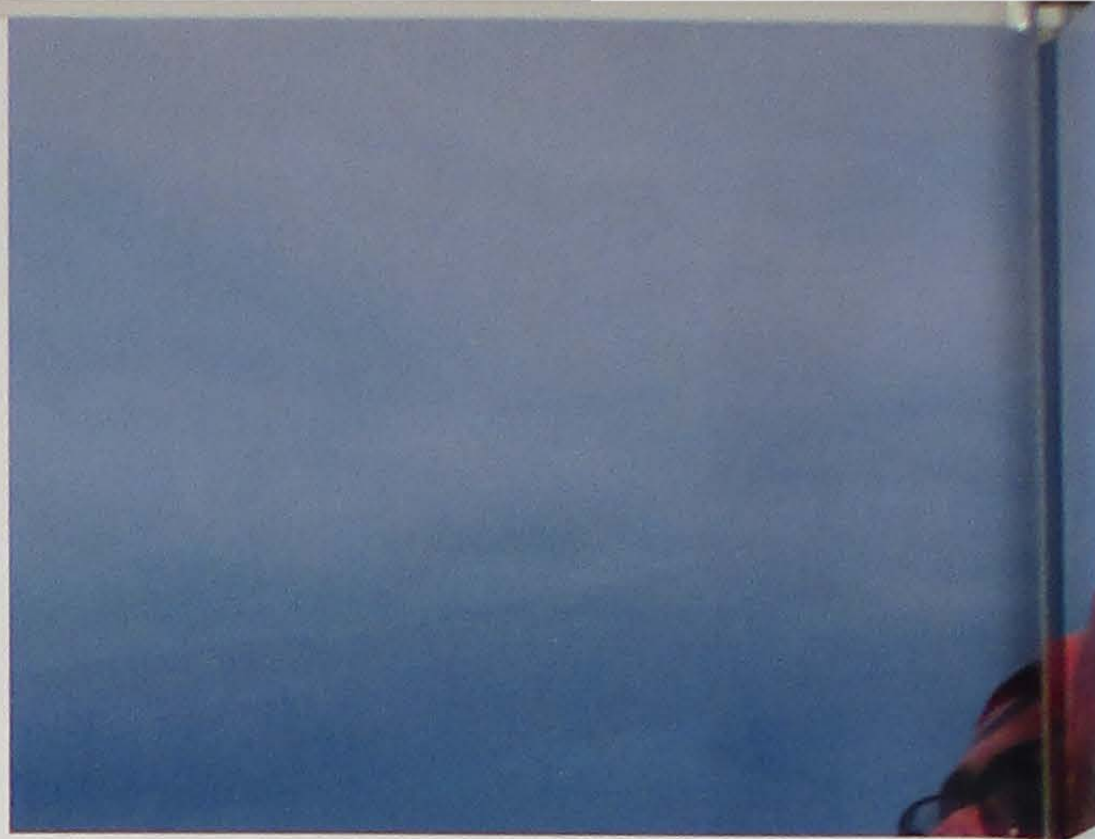
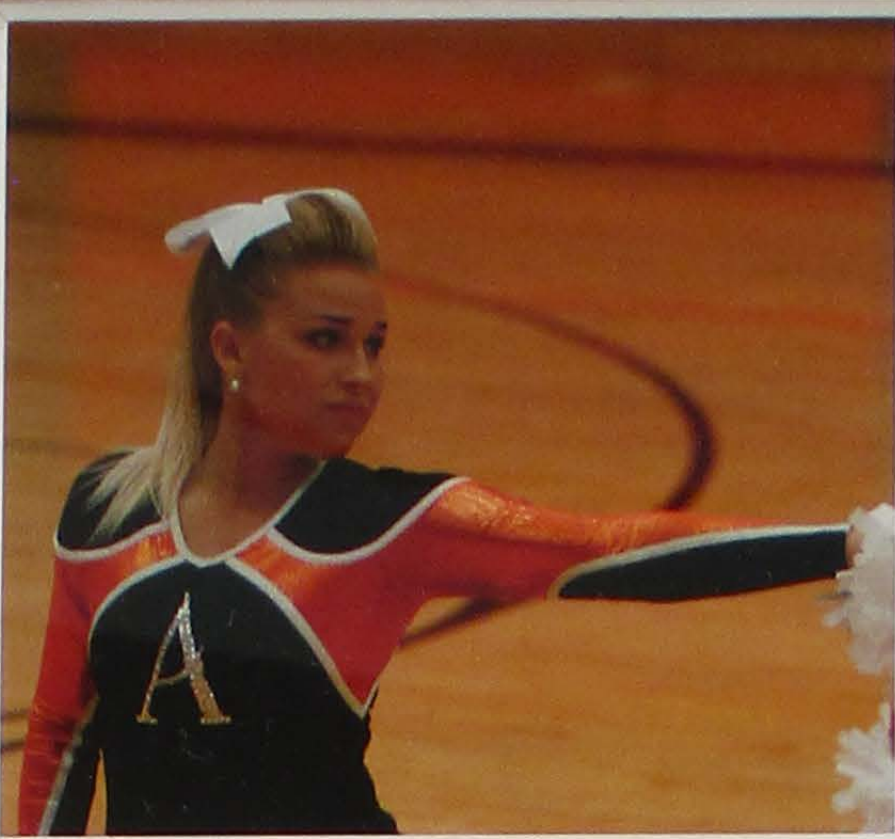
## **(re)**cap • sports

Student athletes understand the importance of team huddles with coaches, of breaking apart the competition that just took place. **(Re)**cap is how they will remember the blisters, blood, sweat and tears for years to come.

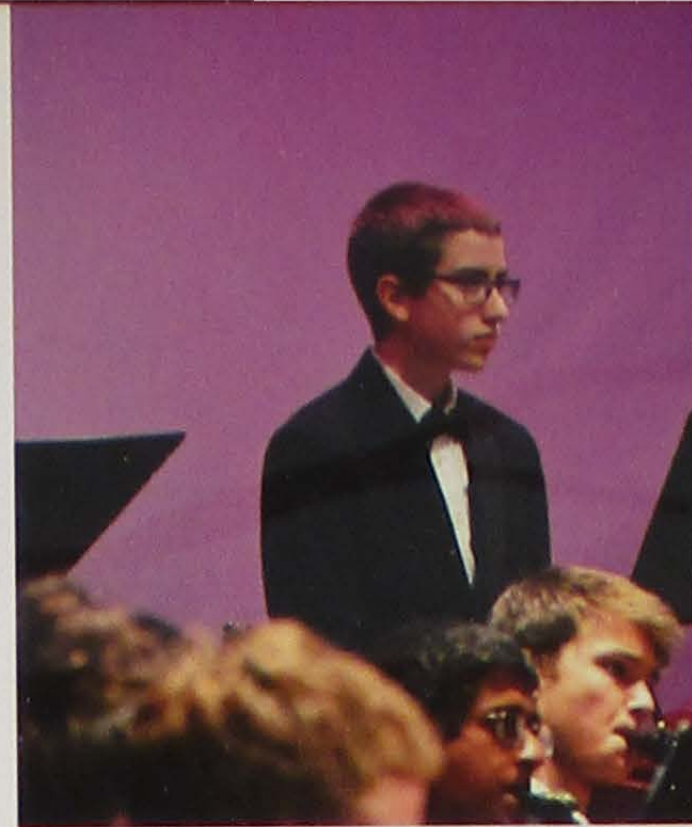
## **(re)**lease • student life

After a long day of school and activities, Ames High students **(re)**lease their stress through dances, parties, and other fun events.

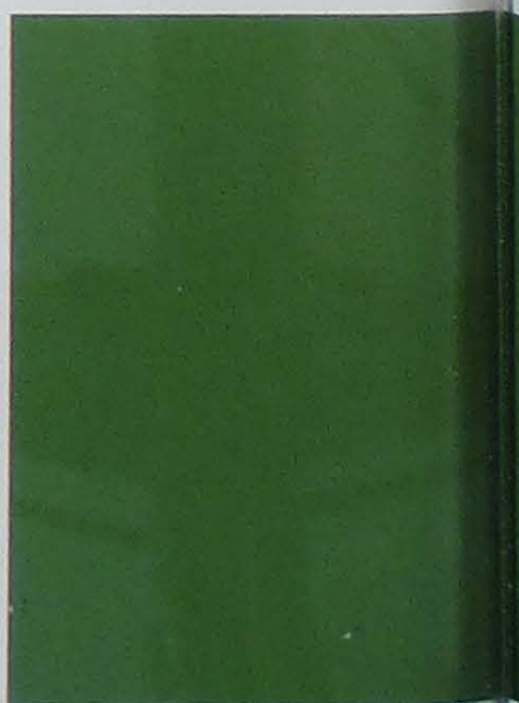
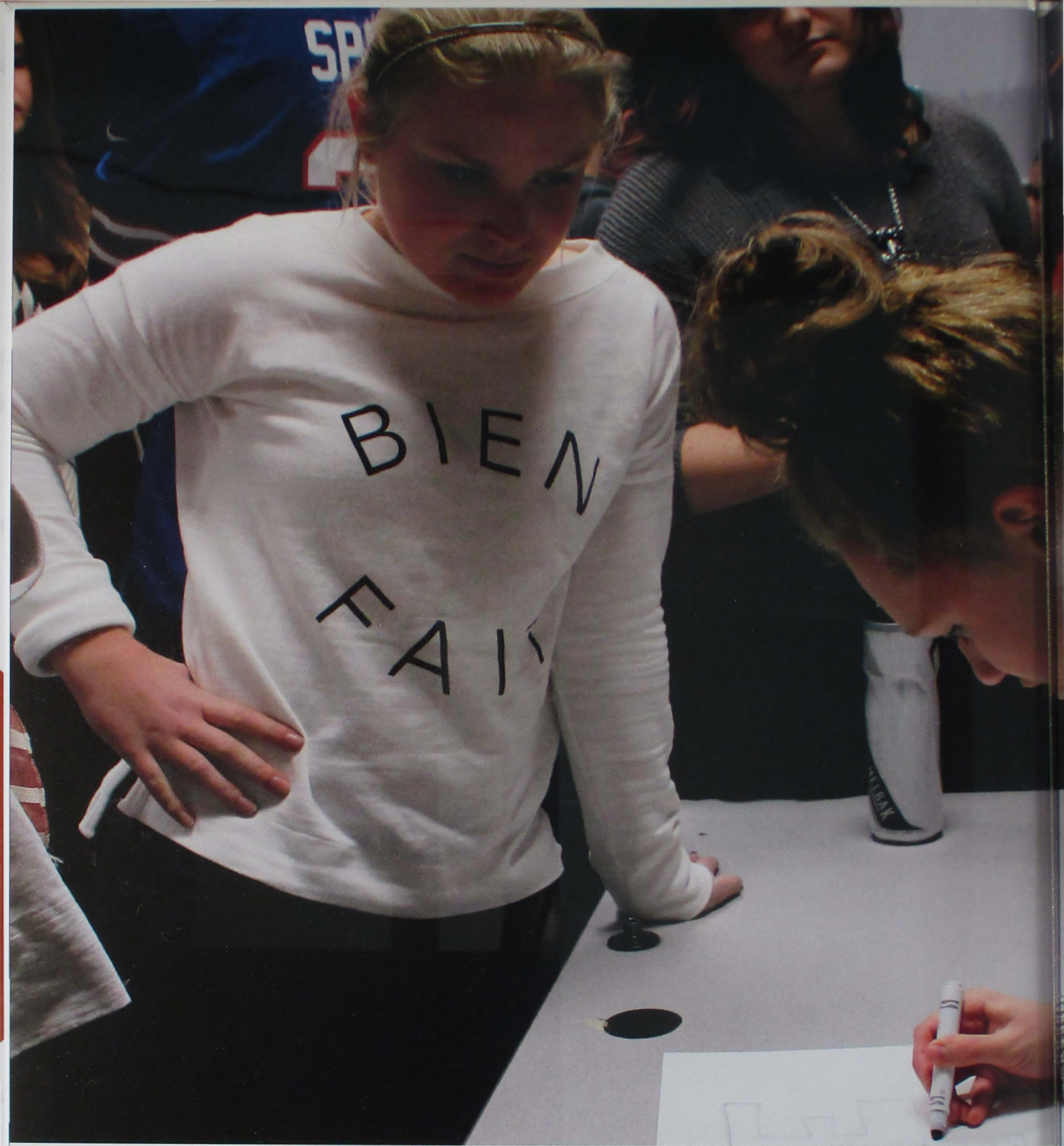














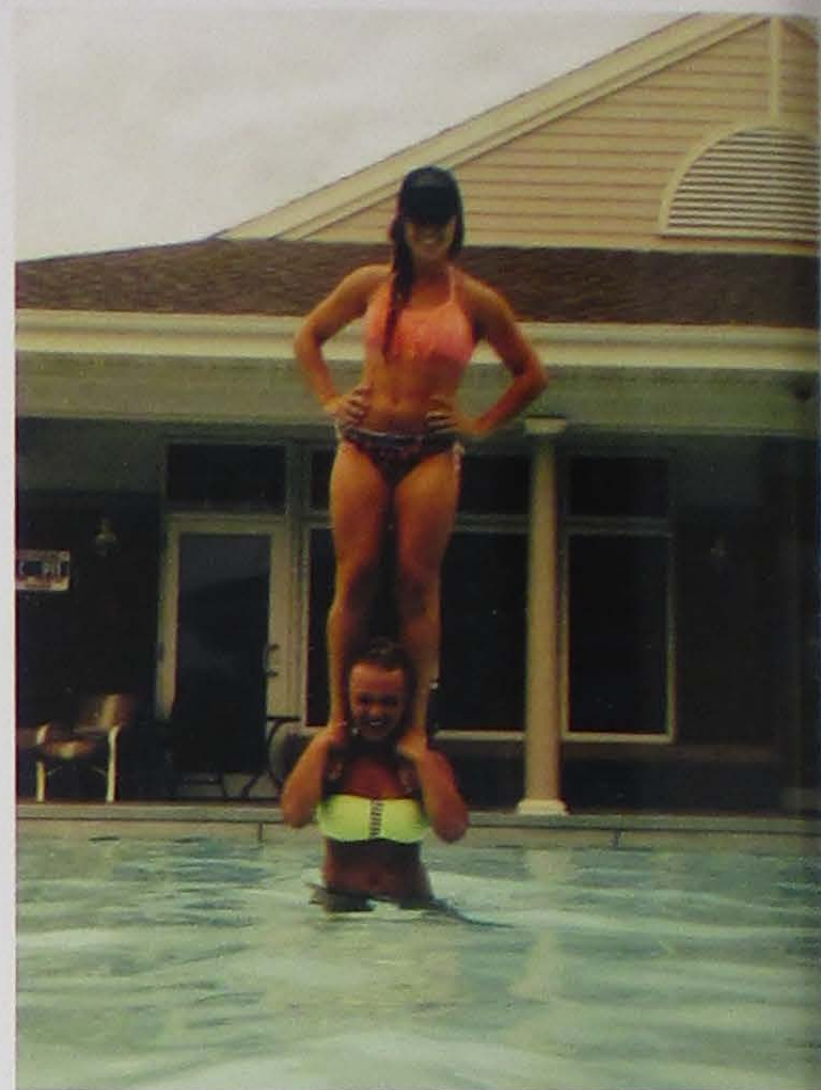




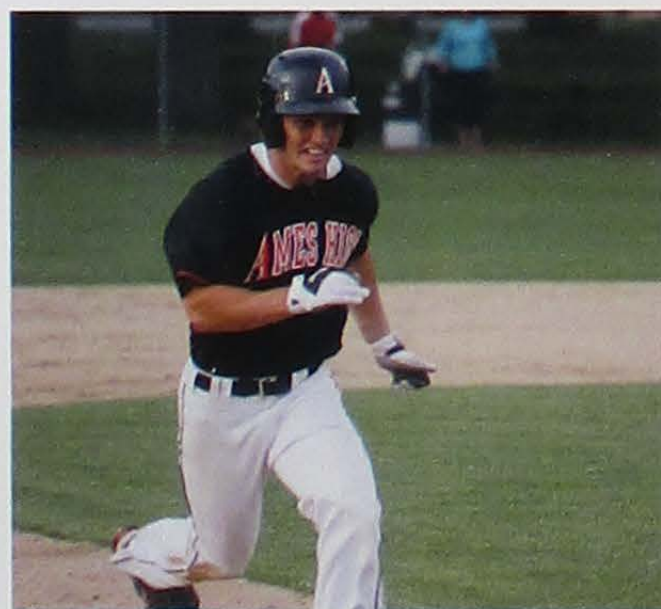
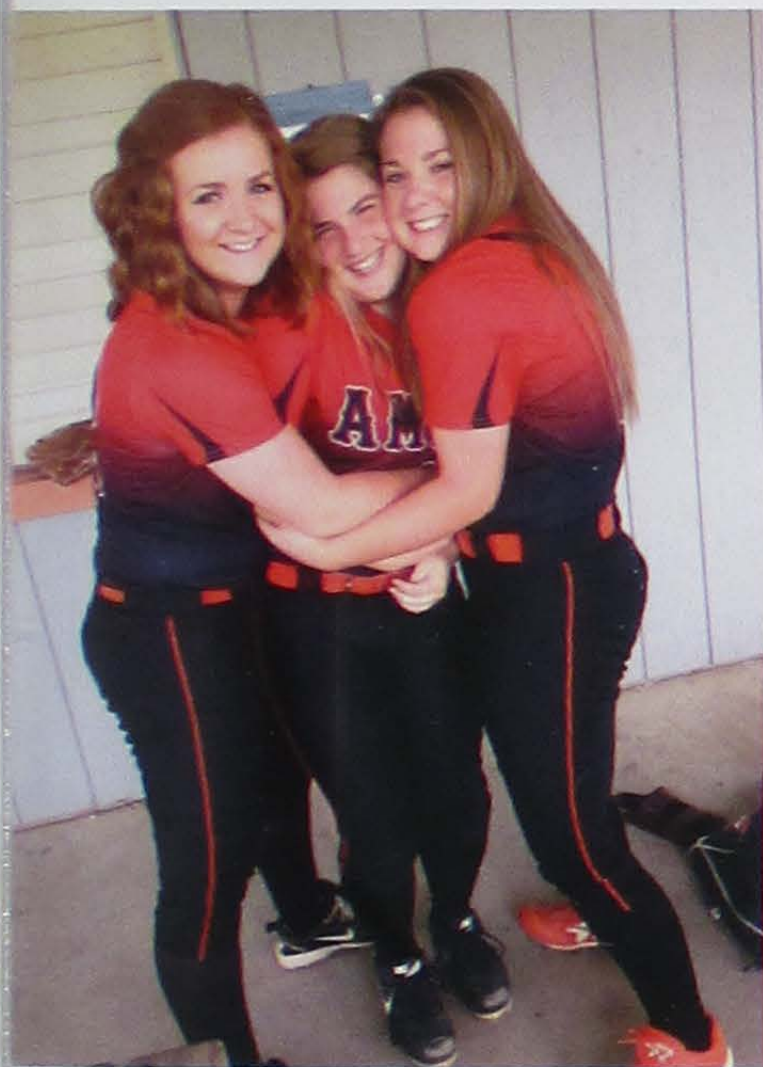
# SUMMER

## ART. WRITE. NOW. 2014

The Best Teen Art and Writing  
from Across the Country









# UGANDA

For three weeks, students dedicated to changing lives visited Uganda, staying primarily in Namusisi, to build a school. While they were there, senior Phaedra Lipsey, along with graduates Mellie Osanya and Hill Wang, got to pump the first bucket of water from the well SHEPH funded to be built. "It was really amazing. The people in the village were crying," senior **Makenna Peterson** said. "Being able to be completely immersed in service and not focused on anything else but the people you're helping and working with was definitely the most rewarding part of the trip."



(re)lease

Where was the most uninte(re)sting place you went to this summer?

**Dane Van Allen**

Senior

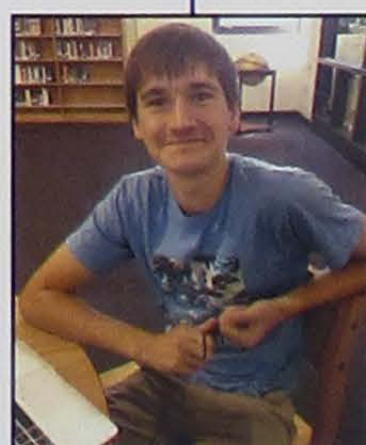
"Nevada, where I live"



**Alex Palensky**

Junior

"Satan's Kingdom, Massachusetts"



**Daniel Andreotti**

Junior

"By definition, I wouldn't remember"



**Brandon Johnson**

Junior

"Just say something funny and say I said it"

**Carissa Roberts**

Senior

"I went to the Ames Public library on a dare"





1. Senior **Gage Eller** plays soccer with young boys in Paraguay.
2. Senior **Grace Scheibe** poses with her new friend on the Paraguay missions trip.
3. Hiding from the rain, senior **Andrew Ellis** plays around in Paraguay.
4. Junior **Matt Carlson** plays with his new friend.
5. Seniors **Katie McCarville** and **Shaniah Smith** prepare an apple tart in France on the People-to-People Europe trip.
6. Senior **Liz Funk** and **Savannah Farner** spend time in Rosebud, South Dakota on a mission trip.

# GERMANY

This past summer a group of Ames High students made the trip to Wülfrath, Germany for two and a half weeks. During their visit they attended the high school and gave presentations on aspects of American life. In addition to staying with their host families in Wülfrath, students traveled overnight to Hamburg, visited Düsseldorf for quality food and shopping, and toured historical landmarks throughout the country. Junior **Jackson Hamstreet** enjoyed how even though the German students lived miles away from Iowa, they still have similar interests and are fun to be around. "If you go once you gotta go twice," he said as he realized he still has not picked up the application for next year's visit. Students are allowed to fill out an application no matter what year of German they are in. Until next summer, Germany!





# (re)lease

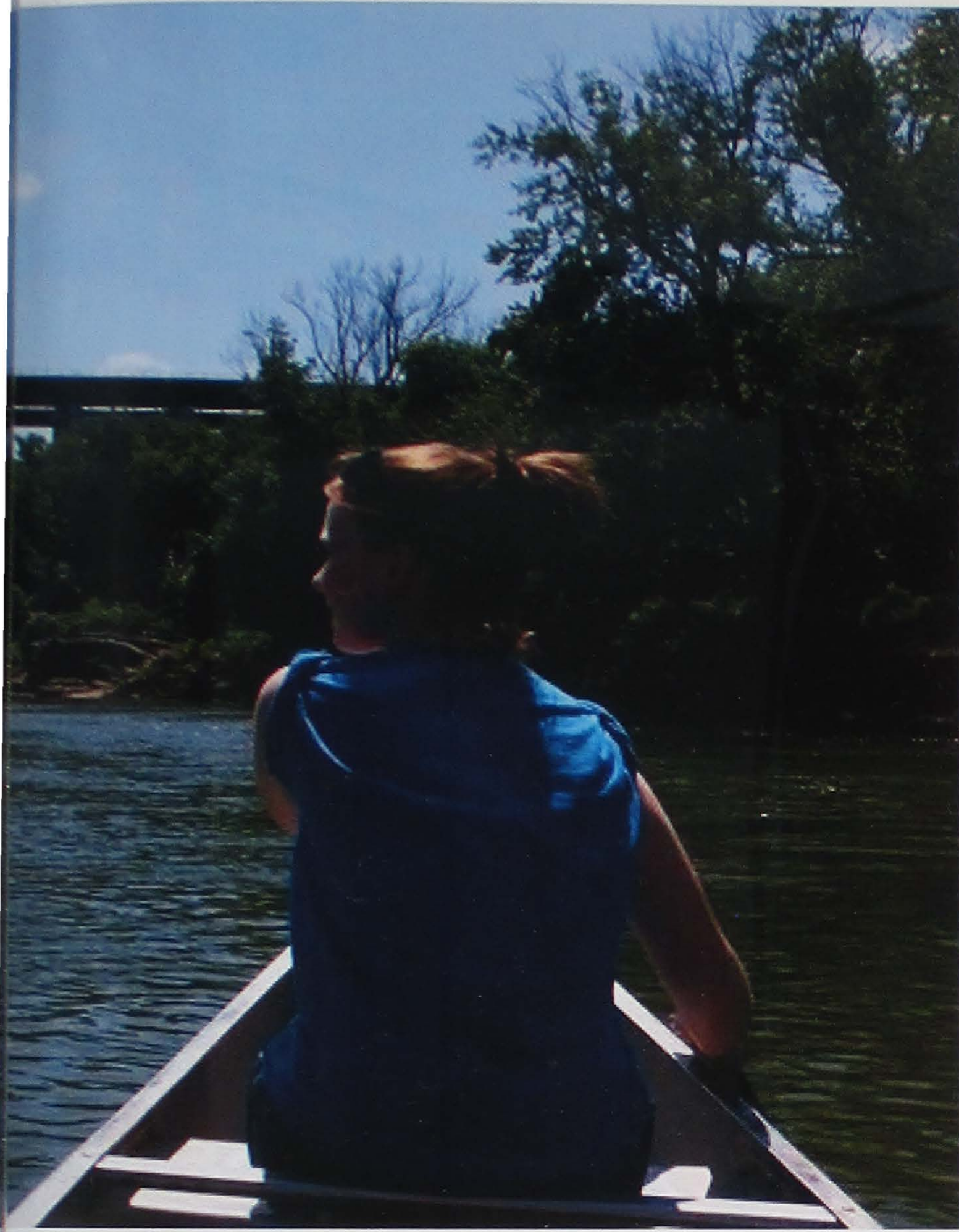


junior Megan Peters canoeing down the Des Moines River.

## SUMMER 2014

As the last bell of finals week rang, the entire school rejoiced. That bell symbolized freedom for the next three months; who would not be excited about that? As the heat rose, you could catch countless students at the Furman Aquatic Center either cooling down from the heat or working part time as a lifeguard or the concession stand. Other students traveled the country. For example junior **Arik Rizhsky-Yakobson** went to Colorado and junior **Brandon Johnson** traveled to Montana, where he was able to see a bear up close. But most Ames High students stayed in Ames spending time with their family and friends enjoying being free for the short amount of time of summer. The athletes in softball and baseball spent countless hours practicing and traveling for games in the hot, simmering sun. As the break was nearing an end, many students attended the Iowa State fair. There were different concerts held at the Grandstands, like Florida Georgia Line or the Goo Goo Dolls. Ames High was disappointed that summer was ending early this year due to the calendar change to move finals to before winter break instead of after, but they did not let that stop them from having a good summer away from school. All students will make up for the time taken away, by an extended summer break in 2015. Here's to a great 2014-15 school year!





1. Breaking a 3 inning tie, senior **Christian Sorrentio** sprints home to score from second base on a close play at the plate.
2. Along the bank of the Mississippi River in Dubuque, junior **Dagney Paskatch** writes in the sand while enjoying the summer day.
3. Varying grades of AHS students come together to celebrate senior **Mykah Kennedy's** birthday. Happy birthday, Mykah!
4. Seniors **Caroline Baum** and **Emma Siliman** joined a backpacking trip across the Smokey Mountains of Tennessee with Story County Conservation.
5. Junior **Maddie Kouba** has a celebration with a group of friends at Brookside on a beautiful summer day.
6. Before the AHS varsity softball team puts their game faces on and take the field, the starters get pumped up as the team is introduced.





# (re)cap



seniors Emily Carlson and Abby Deiter

## FIRST WEEK OF SCHOOL AUGUST 14 - AUGUST 23

The start of school brings about a lot of changes for students. "The first week of school was adjusting my sleep schedule back to that of a normal, functioning member of society," junior **Molly Bagnall** said. Returning students such as Bagnall also adjusted to new classes and teachers, while freshmen and new members of the Ames High family got used to a brand new school. "Getting through all the hallways with the upperclassmen was hard," freshman **Makenzie Weyhrich** said. "They always stop in the middle of the hall."

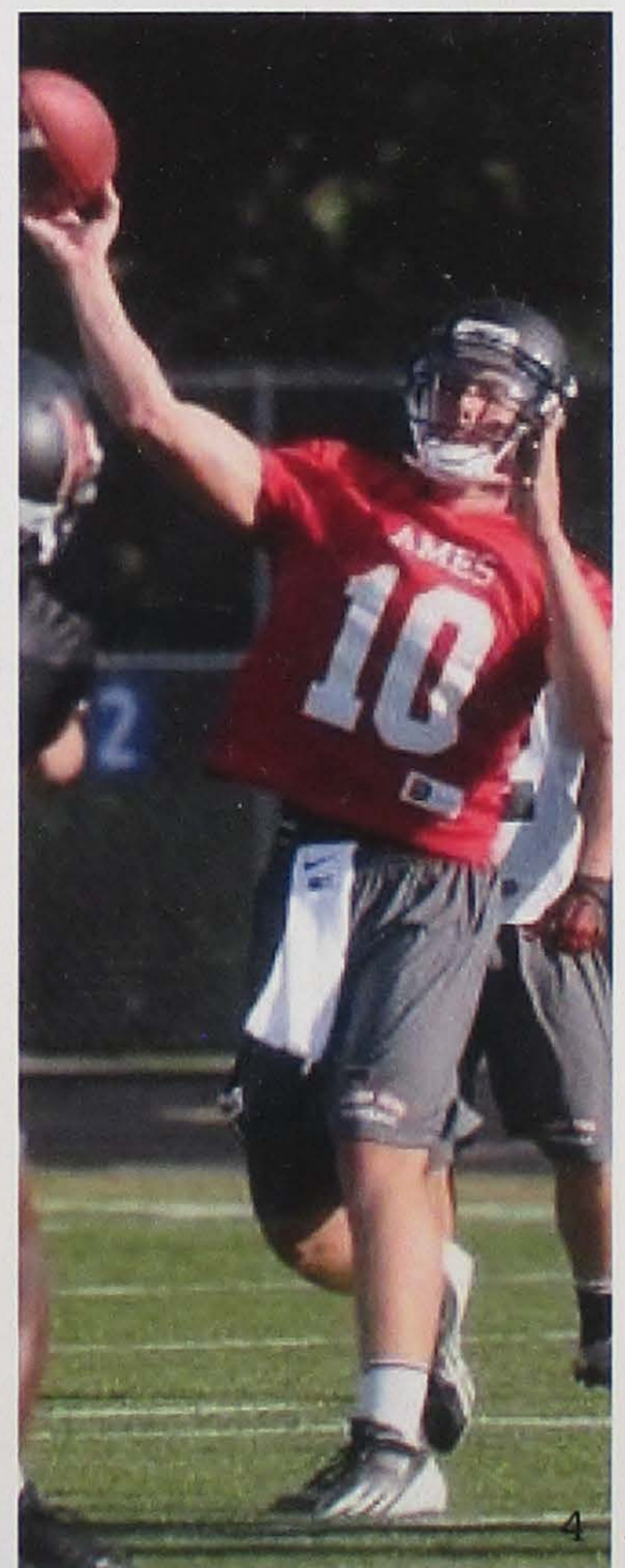
Also with the start of school comes a new sports season. Students had been waiting all summer to reunite with their athletic friends for another year of hard work and fun. "I was looking forward to cross country," junior **Joanna Held** said. Cross country, as well as football, fall cheer, volleyball, boys golf, and girls swimming and diving got their seasons off to a great start at the annual Fall Sports Kickoff, held on August 22. The football and volleyball teams held scrimmages, the cheerleaders demonstrated their favorite cheers, and each fall athlete was introduced.





## ALS ICE BUCKET CHALLENGE

Dumping ice-cold buckets of water on a friend's head took social media by storm. A fundraiser for the ALS Foundation, the Ice Bucket Challenge raised over \$100 million for those suffering from the disease. Once challenged, a person was expected to dump a bucket of water on their head, post the video online, and nominate friends to partake in the challenge, or make a donation to the ALS Foundation. "I got nominated twice but didn't do it," said sophomore **Carly Watson**. "I donated though!" Ames High lived up to the challenge, with staff, students like senior **Melanie Long** (below right) and the girls' cross country team (below left) getting wet for a cause.



1. Senior **Makenzie Putz** admires the wonderful array of food at the Cross Country brunch.
2. The girls swim team celebrates the addition of another win to their four-year streak.
3. Sophomore **Hartley Christensen** signs up for the 2N2 driving week: Two hands on the wheel with two eyes on the road.
4. Junior **Michael Frankl** delivers a strike on a long route during football practice. He is ready for those Friday night lights!



## NATIONAL HONOR SOCIETY AUGUST 24 - AUGUST 30

National Honor Society, also known as NHS, is a student run group whose goal is to foster students' leadership skills through community service. Mrs. Schmaltz oversees the group while students run the club. President Stephanie Shin and Vice-President Nadia Huffman bring motivated juniors and seniors together every other week to discuss upcoming events and different projects the group can adopt. One project NHS is working toward is raising the resources to package meals for those in need. Pictured left: seniors Olivia Van Weelden and Katie Peterson. Top Right: seniors Serena Paulson, Isaac Neppel, junior Caleb Litster, seniors Stephanie Cho, Amelia Merchant, and Caroline Marnin. Bottom Left: junior Caleb Litster, seniors Isaac Neppel, Payton Boylson, and Caroline Marnin. Bottom Right: seniors Payton Boylson and Conor Johnson.

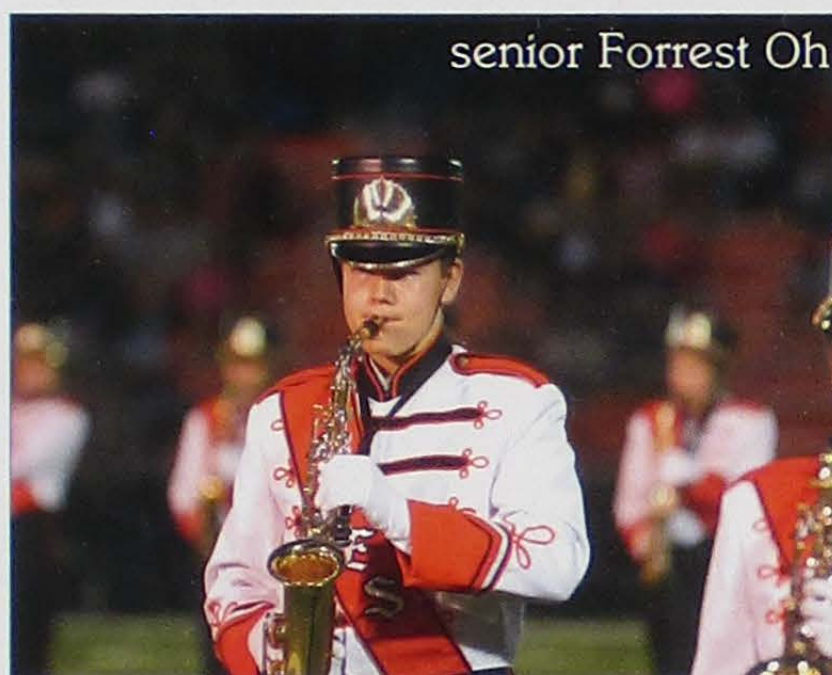


1. Sophomore **Sabrina Hegelheimer** and teammates play around with the underwater camera.
2. Senior **Zoe Pritchard**, and juniors **Thea Brenner**, **Macy Vollbrecht**, **Claire Dupuis**, and **Max Eness** prepare the student garden.
3. The Varsity Volleyball team comes together to regroup after losing a hotly contested point.
4. Senior **Ho-Won Noh** plays his violin during Orchestra.
5. Freshman **Mali Bilstad** starts her knitting project for the first Fiber Club of the year.

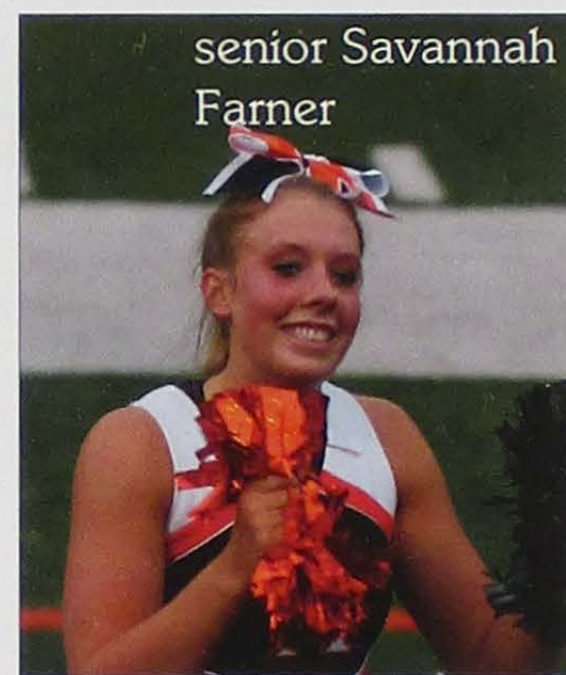




senior Jonah Glenn



senior Forrest Oh



senior Savannah Farnar

The Ames High Stadium filled as the student body crowded the doors to the bleachers. The first football game of the season always brings the school together with the screams of fans, the music of the band, and the chants of the cheerleaders. Even if the outcome of the first game did not end as well as expected, the team was ready to head into the season with an focus on winning. **Dakotah Alfree**, a senior, said, "Knowing that it would be the last first game I would march in, it was kind of sad, but ultimately made me enjoy the moment even more." For halftime, the Ames High Marching Band performed "Carry On Wayward Son" by Kansas, to an enthusiastic crowd of Ames High students ready to cheer on the first home game of the season.

## How are you going to t(re)at yourself this school year?



"I usually just break down, crawl in a ball, and cry."  
sophomore **Achala Thippeswamy**



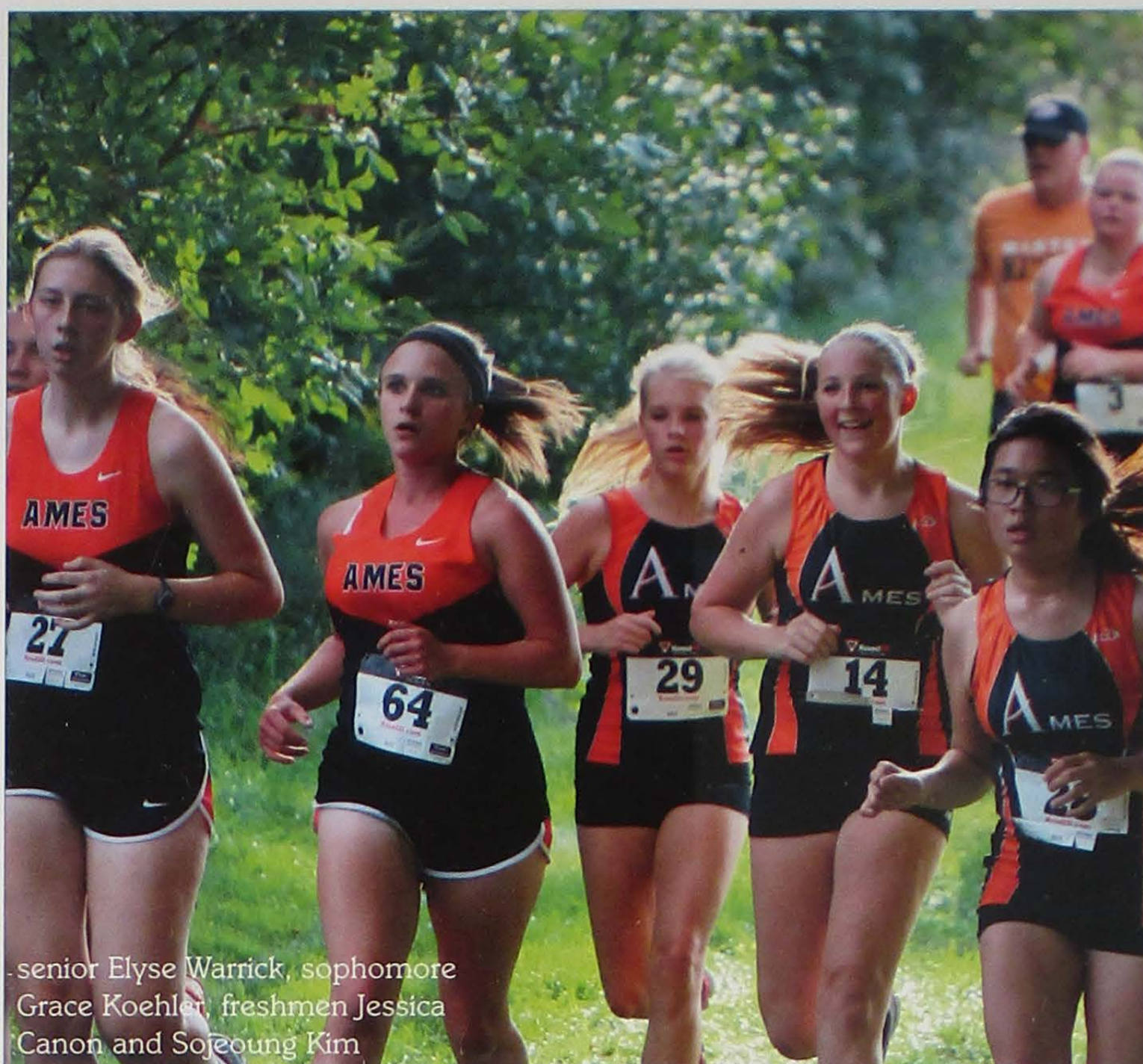
"I usually just have dance party breaks during studying."  
senior **Max Kleitsch Santos**



"I don't have time for mental stability, because that's not how society runs."  
senior **Evan Prochaska**



# (re)lease



senior Elyse Warrick, sophomore Grace Koehler, freshmen Jessica Canon and Sojeoung Kim



Senior Payton Boylston

The boys and girls cross county teams ran their first meet of the season at the ISU course in Ames. **Payton Boylston**, a senior, won her varsity race.

"It might have looked like there was no one running with me in the race, but I knew [deceased brother] Quinn was beside me the entire way," **Boylston** said reflecting on her race.



## GARDEN CLUB CANOE TRIP

AUGUST 31 - SEPTEMBER 6

A group of fifteen students from Garden Club traveled to eastern Iowa near Decorah, IA for a canoe trip. Mr. Todd, Mr. Zmolek, and Mr. Brekke led the weekend trip. Saturday morning, the group stops in a farmers market for a delicious breakfast, and spending the afternoon canoeing down a river for 6 hours, ending the day with sleeping under the stars. On Sunday morning they went to the Seed Savers Exchange and an apple orchard. All students enjoyed the outdoors and learned about the environment.



seniors Saba Toosi and Lizzie Gartiri



senior Ken Prell, Mr. Todd, sophomore Paulina Lavrova, seniors Maieah Mimnaugh, Ania Chamberlin, and sophomore Amber Olsen





Every year the Ames High Marching Band marches through the streets of Boone at the annual Pufferbilly Days Parade. Many say that it isn't Pufferbilly Days without the band there to perform. To prepare, the band practices marching through the streets around the high school, sometimes causing traffic to back up! With a large band spanning more than a block, the band made its annual appearance at this parade. Senior **Andrew Wiebke** (1) and junior **Cole Haverkamp** (2), both trombone players, are seen marching through the streets at Boone. (3) **Eric Baldrige** walking the streets of Boone. Seniors **Olivia Brouwer** and **Makenna Peterson** (4) hold the sign as the band prepares to start the parade. Saxophone players (4) are also spotted marching down the streets. (6) **Stephanie Shin** leading the band through the streets.



The Little Cyclone Football team got excited as they prepared to play in the UNI Dome for the first time in Cedar Falls. The student section (4) and the Varsity cheerleaders (3,5) cheered on their team. Our Little Cyclones were down in the first half, but then came back to win by scoring three late touchdowns.

The Club Fair works to inspire students to join their clubs, such as Fashion Show, SHEPH, and Model UN. On the farthest left, seniors **Anna Ogilvie** and **Hannah Mumm** talk about Dance Marathon to **Ryan Weiss**. To the right, **Mykah Kennedy** and **Conor Johnson** tell students about Drama Club





# (re)cap



Seniors Michael Holtzbauer and Jared Larson



Eco Club held the first of multiple bonfires this week. They burned woody plants and oak trees from the area near the fire. The purpose of these bonfires, according to senior and Eco Club leader **Ken Prell**, is to "thoroughly eliminate weeds of invasive species," as well as to dispose of plants that are hard to compost. Burning these plants also puts important nutrients back into the ground and helps Eco Club achieve their ultimate goal of restoring the prairie. Prell really enjoys these fires, where club members roast marshmallows and hot-dogs, and watch the fire burn. "The fires are lots of fun, and that's why we focus on doing

## RIGHT:

1. The girls cross country E-Team dresses up as a rattlesnake for Wacky Wednesday.
2. Sophomores **Sari Brakke**, **Grace Anderson**, and **Rylee Gibbs** are hoisted up by fellow cheerleaders at the sophomore football game in Iowa City.
3. Seniors **Payton Boylston** and **Caroline Marnin** lead the pack in the varsity cross country race in Cedar Rapids.
4. Senior **Marina Chadd** dives off the starting block to start her race.
5. Sophomores **Caitlyn Chellew** and **Sabrina Hegelheimer**, along with freshmen **Kaylee Clendenen** and **Emme Peters**, cheer on a teammate from the end of the pool.



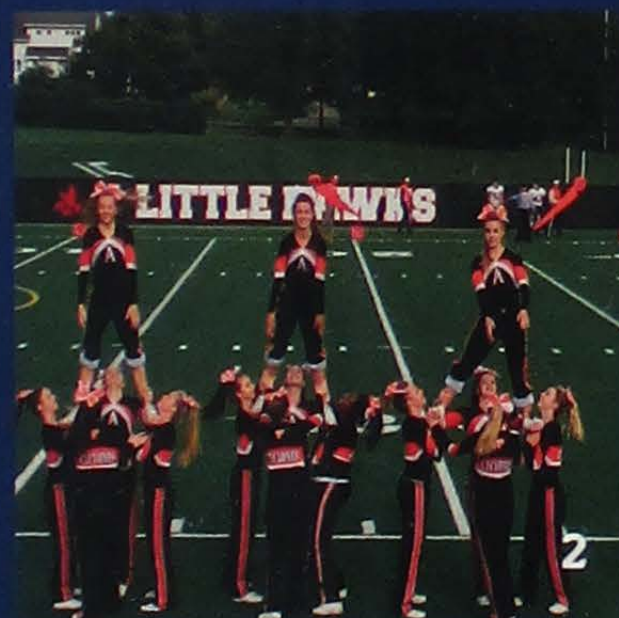
# LITTLE CY-HAWK SHOWDOWN

SEPTEMBER 7 - SEPTEMBER 13

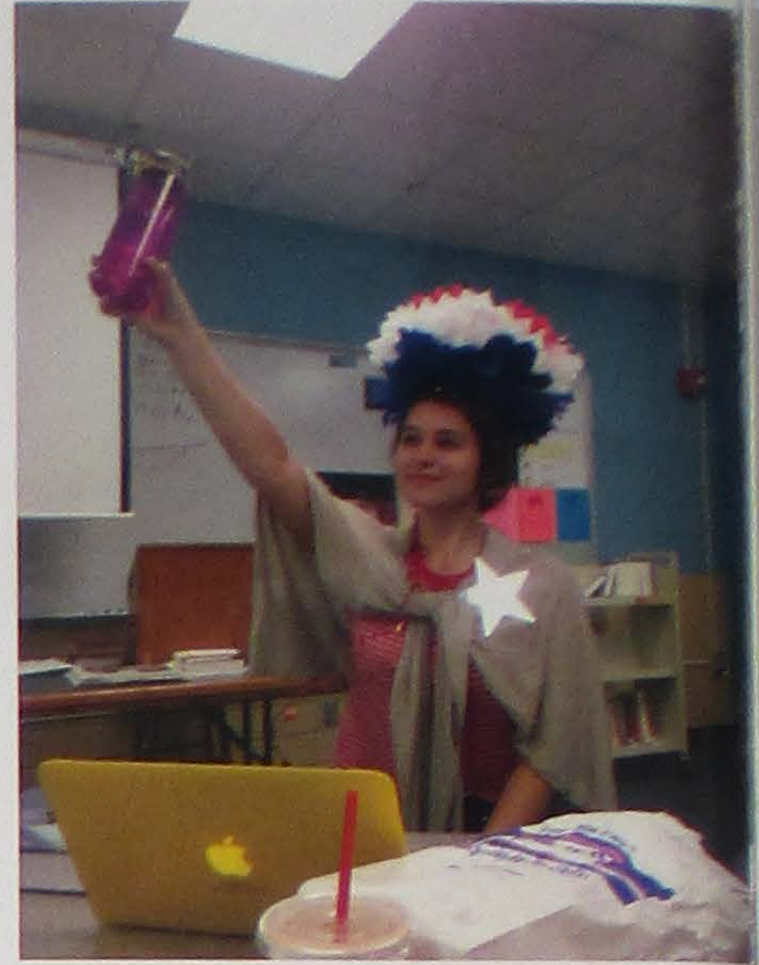
This week, Ames High rallied around the varsity football team for the first-ever Little Cy-Hawk Showdown between Ames High and Iowa City High. The Little Cyclones pulled out a win over the Little Hawks the night before the ISU Cyclones would defeat the Hawkeyes in the real Cy-Hawk Showdown. Even though the game wasn't close to Ames, the students turned out to cheer for their classmates. "We did pretty good for having it in Iowa City," said senior **Nicole Auel**, who attended the game. She added, "The underclassmen weren't very good at cheering. But other than that it was good." Following the Little Cyclones' big win, the student section stormed the field to celebrate with the team. The victory not only added to Ames' winning record, but added a shiny new trophy to the collection.



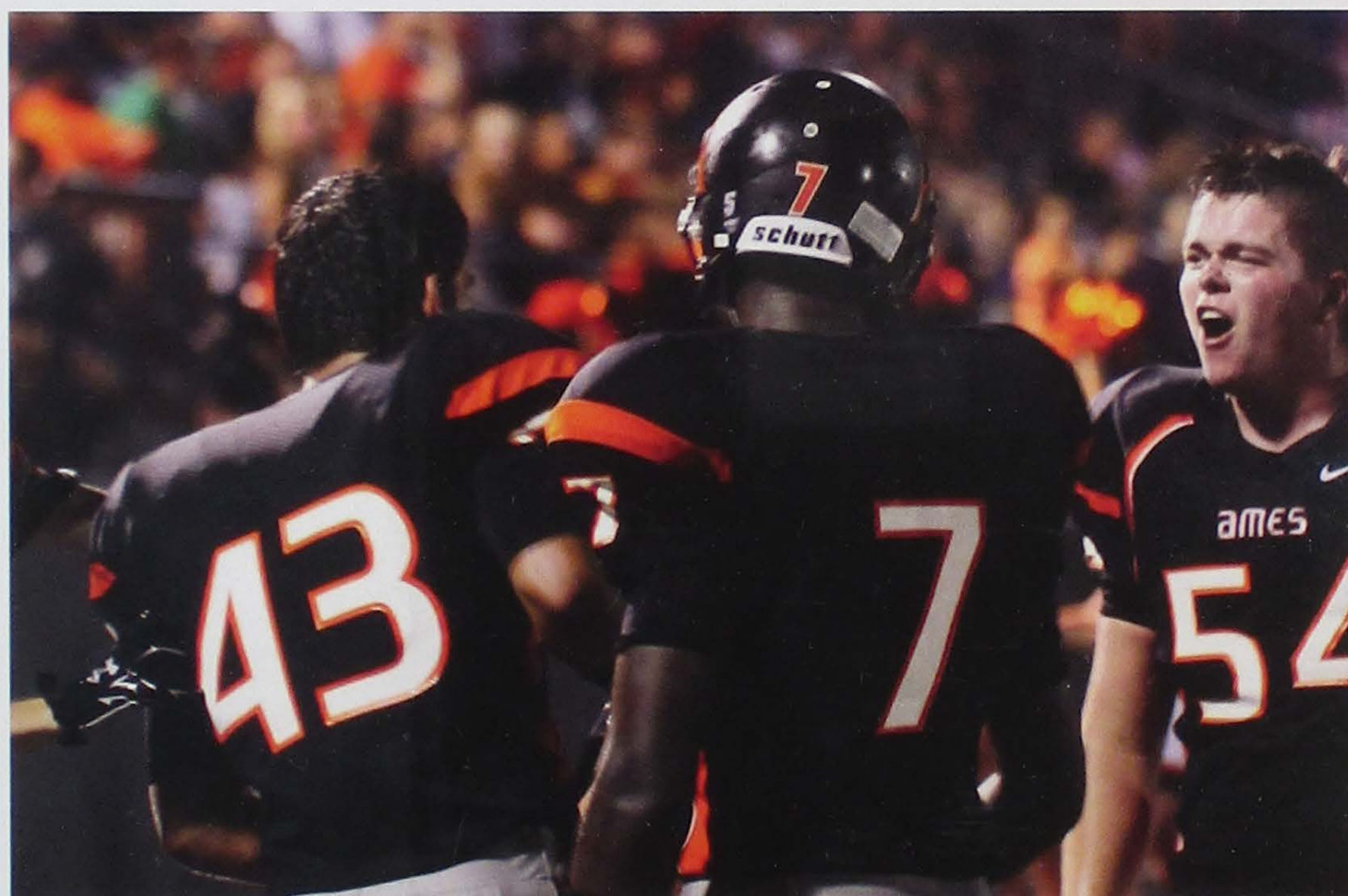
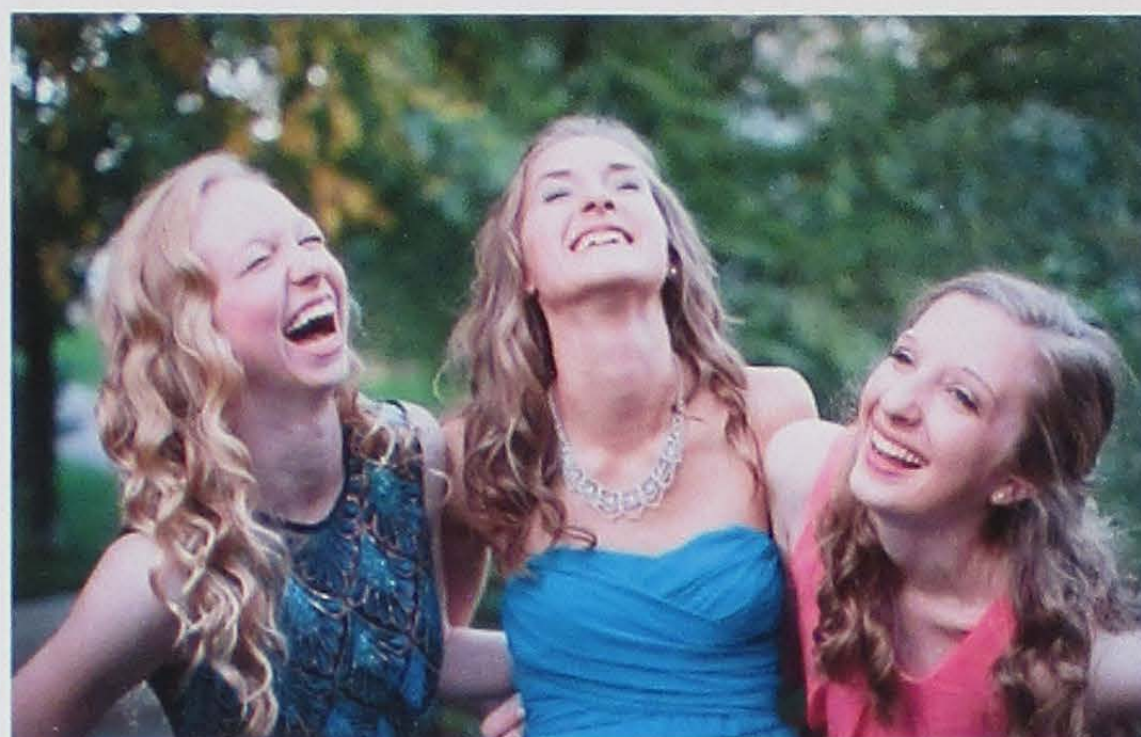
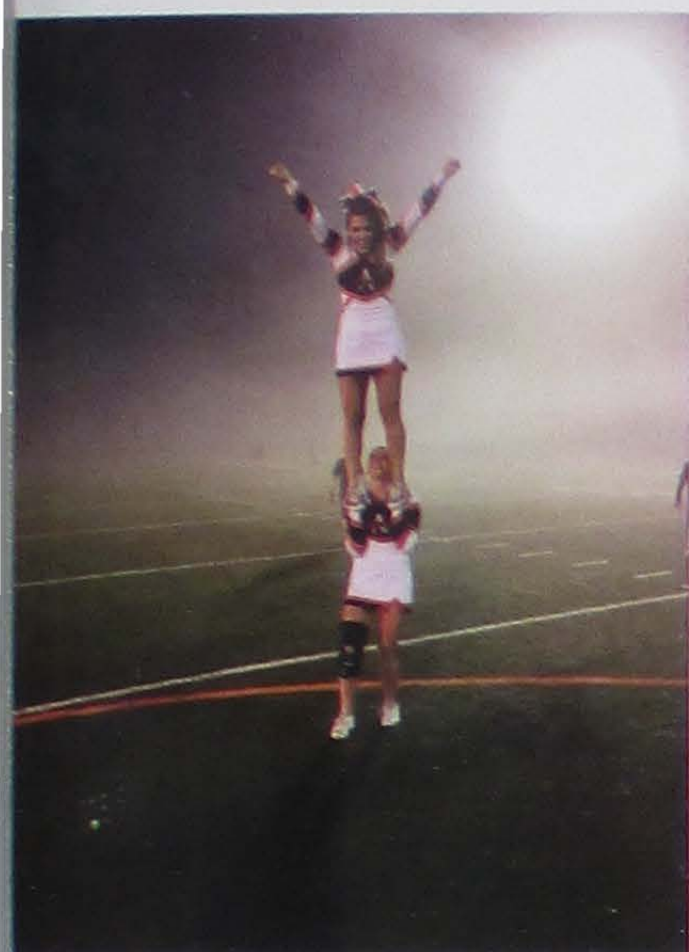
The WEB Newspaper Staff works together as a group diligently creating ideas for stories on their next issue.











FALL



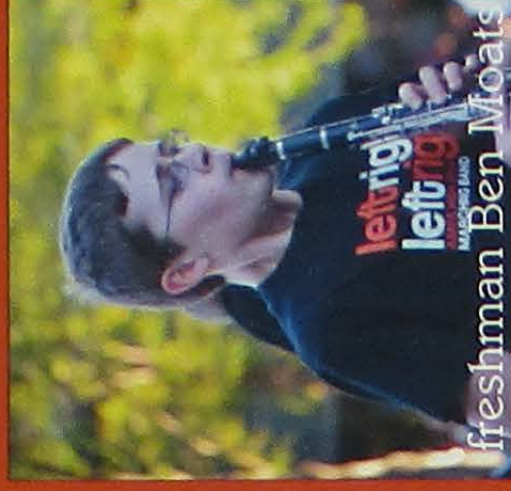
# HOMECOMING 2014

## SEPTEMBER 14 - SEPTEMBER 20

The Homecoming 2014 theme was "Every Heart Rings True 'Neath the Red, White, and Blue." Students were excited to celebrate their country's proud history and heritage throughout the week with the theme days and the week's activities. Starting off on Monday, many clubs, sports, and the marching band marched in the parade held at 7pm at the Ames Downtown Main Street. Local families came out to cheer on the Little Cyclones and see all the different clubs that Ames High offers. Senior **Serena Paulson**, the co-chair of planning the parade, said "The comments from Ames citizens on it being one of the best homecoming parades they had seen really sealed it for me." Ames High truly comes together this week to celebrate our school pride and our country's pride. The week is filled with activities such as watching **Forrest Gump** Thursday night at Bandshell park, delicious pancake breakfast Wednesday morning before school, and the Homecoming Football game on Friday night. The Homecoming dance was the perfect way to end the fun, exciting week.



seniors Madi Mills and Emily Carlson



freshman Ben Moats



seniors Jacob Linch and Stephanie Cho



1

1. Seniors **Andie Newell** and **Anna Ogilvie** twin with **Mr. Lunenburg** and **Mr. Smith** on Twin Day.



2

2. The band members on Homecoming court band together.



3

3. Senior **Zoe Pritchard** dresses up for America Day with a flag bandana.



5

4. Senior **Jacob Linch** shortly after being awakened early Sunday morning by the Wakeup Committee.

5. Seniors **Rachel Canon** and **Macy Myers** listen to Mr. Brekke tell a story to his senior English class.

6. Senior **Ian Steenblock** shows off his stars, stripes, and support for his country.





senior Ben Tulp

senior Kira Mann

senior Emma Peeler

The 2014 Ames High Homecoming Football game was full of excitement for the city of Ames. Students, families, and alumni came out to the Ames High football field to support the team as they played against Marshalltown. During halftime, seniors on homecoming court were escorted by their parents down the field. The stands were filled with cheering fans celebrating each point until the final score of 41-0. Each student purchased a "Game Day" t-shirt that they wore to the game to show their team spirit. Team tailgate encouraged the student section to perform certain cheers and to cheer as loudly as they could. It was a great note on which to finish an exciting week.



Senior girls on the Homecoming Committee prepare a pancake breakfast for the student body as a tradition for the homecoming week. Students and staff came early Wednesday morning to enjoy a breakfast. Left: senior **Alexa Cross** and junior **Michael Burke** Right: seniors **Savannah Farner** and **Jenna King**



Homecoming Court: Row 1: King **Eli Bratsch-Prince**, **Jacob Linch**, **Vincent Montabon**, **Colin Welk**, **Josh Engelken**, prince **Gage Eller** Row 2: **Hannah Bloch**, **Stephanie Cho**, **Amelia Merchant**, princess **Stephanie Shin**, **Kira Mann**, and queen **Hannah Mumm**.



## What is your FAVORITE part of Homecoming week?



"Dressing up with all my friends during the theme days throughout the week."

sophomore **Beriah Forney**



"Marching during the Homecoming football game is always my favorite."

senior **Luke Heilman**



"I loved dancing to all my favorite songs at the dance."

junior **Mary Beth Coleman**

1. Senior **Stephanie Shin** for her dare picks Mr. Webb to throw a pie in her face.
2. For fulfilling his dare, senior **Jacob Linch** gives a gold medal acceptance speech.
3. Seniors **Gage Eller** escorts **Hannah Mumm** down during the coronation
4. During the relay race, seniors **Josh Engelken** and **Kira Mann** race to the finish line holding a balloon in between them.



# COFFEEHOUSE

## SEPTEMBER 21 - SEPTEMBER 27

One thing that Ames High does not lack is musical talent. One way that is expressed is through the Coffeehouse. Put on by the Student Council four times a year, it remains to be one of the most popular events at the school. It gives students the opportunity to showcase their individuality and unique talent to the entire student body. Every quarter, the Coffeehouse is held over both lunches. Poets, musicians, and bands can show off their best work. Students pack the media center to support to listen closely. The outstanding support and welcome of these talented artists is a testament to how truly unique Ames High remains.

From an acapella group to ensembles to solos, the students put their passions on display. (1) Junior **Amber Walker** performs a song from "Of Monsters and Men" with her guitar. (2) The media center is crowded of students. (3) Sophomore **Brian Todey** plays during second lunch. (4) Senior Ian Steenblock performs a beautiful ballad that shows off both his voice and his guitar skills (5) Sophomore Jada Mays belts a song to fire up the audience.



"Coffee house showcases everyone's talent at AHS really well and brings us all closer."

**Mykah Kennedy**  
senior



"Coffee house allows our students to show of their talent and to have some appreciation for it."

**Lauren Kesler**  
sophomore



"Its like a low-key talent show. There's less pressure because the school is supporting them."

**Maia Ardoin & Ella Glenn**  
freshmen



"It's cool how we have this coffee house where we can support our fellow students."

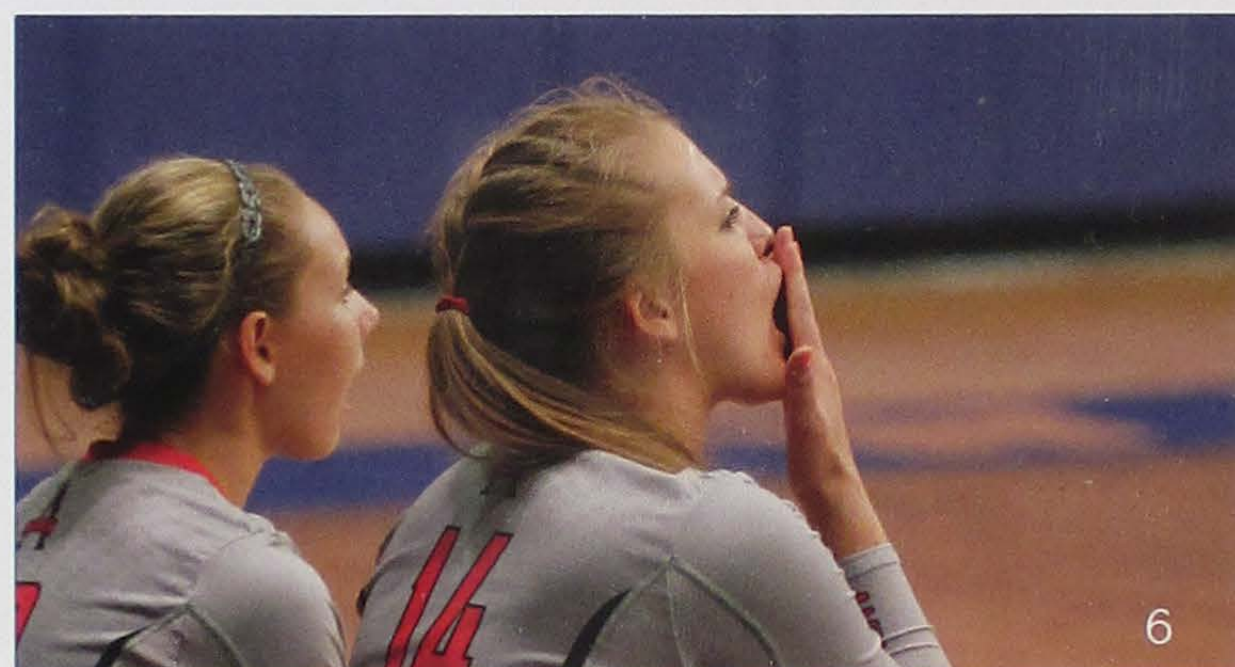
**Macee Hering**  
freshman





Members of the ultimate frisbee team, Parallel, meet on Saturdays at Inis Grove to practice their frisbee skills. **Luke Heilman**, **Ben Popken**, and **Ryan Helton** (1) are pictured watching others throw while taking a water break. Although the team isn't sanctioned by Ames High, many students are involved in this club sport. **Peter Miller** (2), a senior, has been captain of this team since his sophomore year. When asked what the team is best at, Peter says, "Parallel keeps it real. As a team, we are very good at either having extremely productive or extremely unproductive practices. Last year we were ranked 58th in the nation out of 400 teams."

The Varsity Volleyball team (5, 6, 7) had a very big week winning games against Waukee and at a tournament. In Waukee **Josie Stegman** serves the ball against the opposing while **Leah Smith**, a senior, cheers on her team. The sophomore football team also won their game against Ankeny.



It was also a week filled with goodbyes as the Spaniards went back home to Spain. These students were able to experience life as American teenagers, with a trip to the Mall of America and the traditions of homecoming. The fun adventures and friendships they made won't be forgotten despite going back home. Ames High will miss you!



## GIRLS SWIMMING - SENIOR NIGHT

SEPTEMBER 28 - OCTOBER 4

This week marked the end of the regular season for girls swimming. In particular, it was senior night! Squadleaders from the marching band played some of their favorite songs before the meet started. "It was really cool because they played 'Don't Stop Believin'" right when our coach was giving us an inspirational pep talk in the locker room," junior **Erin Wolter** said. The Little Cyclones achieved victory over the Fort Dodge Dodgers, once again proving their dominance over district opponents.

Also this week, the volleyball team hosted one of their last home meets. Boys golf also had a home meet, and cross country traveled to Waukee. While many of the teams' regular seasons are drawing to a close, it also marks the beginning of the busy and stressful post-season for many teams.

It wasn't just sports this week, though. National Honor Society prepared for their upcoming Pride Night, showcasing their many accomplishments. The debate team was also busy, attending two tournaments, which are highlighted below.



1. Posters of senior swimmers' favorite memories are displayed outside the pool on senior night. 2. Seniors **Katherine Petersen** and **Katie Sailer** work on signs for NHS Pride Night. 3. Senior **Olivia Sauer** dresses up as Iggy Azalea for cross country's Wacky Wednesday

## DEBATE TOURNAMENTS

The debate team attended two tournaments this week: the Valley Mid-American Cup on September 28 and the Simpson College Storm on October 4. At the Simpson tournament, senior **Angelica Parsons** placed 5th in Congress Debate. At the same tournament, four Ames High students made the octofinals in Public Forum Debate: juniors **Toby Garcia**, **Serena Qamhie**, and **Max Eness**, and sophomore **Bella Guyll**. Juniors **Daniel Andreotti** and **Michelle Hu** advanced to the quarterfinals, also in Public Forum. Andreotti and Hu are pictured at the right with their award for this accomplishment.

When not debating or taking their infamous selfies, "we meet people from around Iowa, and even the country, depending on the tournament; learn about certain current issues and policies that are being discussed in the country; and develop skills for argumentation and persuasion. And of course, have a great time with each other," Hu said. Parsons appreciates the learning that has happened throughout her two years of debate. "Congressional Debate has helped with my ability to research various topics and with my public speaking skills, and in general, I have enjoyed the social aspect of the experience," she







1. Senior **Rachel Canon** prepares for a dive.
2. Freshman **Kaylee Clendenen** takes a deep breath before executing her dive.
3. Senior **Leah Smith** serves the ball in hopes of an ace.
4. The varsity volleyball team is introduced before a match.
5. The JV volleyball team gets fired up for their match.
6. Senior **Rebekah Bell** waits for the starting signal before her race.
7. Members of the swim team watch their teammates in the diving competition.
8. Sophomores **Sabrina Hegelheimer** and **Grace Snyder** and senior **Katie Sailer** take a break in the pool.



## WHAT WAS THE BEST THING ABOUT YOUR SENIOR SEASON?



### SENIOR DIVER **RACHEL CANON**

"Personally, I would say that leading the team in cheers before our meets began was the best and most memorable part of my senior season. It was in these times that our team really came together as a whole. Huddled together, we laughed and got pumped up, ready to swim and dive in the meet ahead of us. As seniors, we were able to lead and show our younger teammates the ropes of being on the Ames High swim and dive team. We showed them how it looked to be humble (even when we knew we were going to blow the other team out of the water), to encourage the opposing team, but most importantly, how to have fun."



### SENIOR VOLLEYBALL PLAYER **PHAEDRA LIPSEY**

"Scaring Coach with our pregame Star-Spangled Banner pump up craziness."



### SENIOR VOLLEYBALL PLAYER **TESSA CUNNINGHAM**

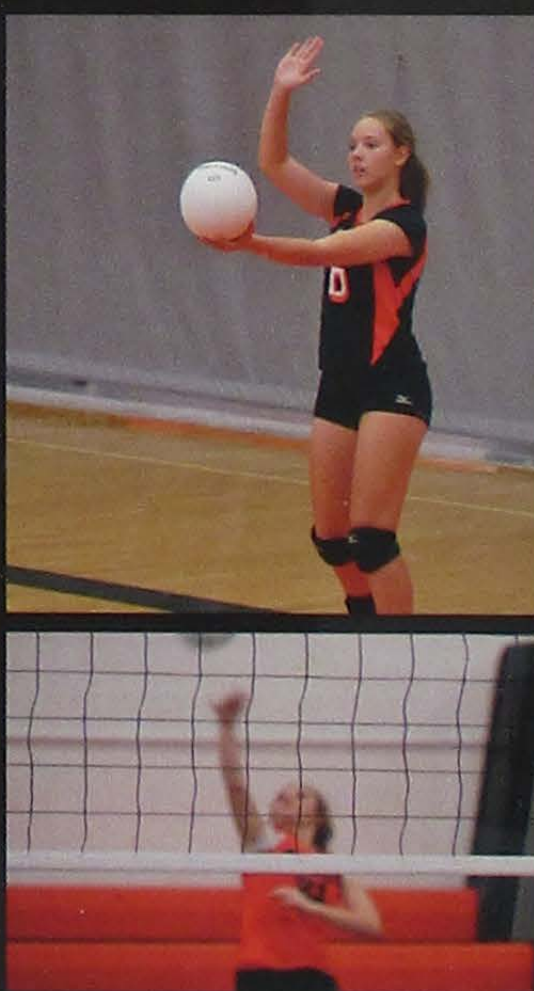
"Beating Waukee like 5 times this season."



(re)cap



## AMES VS. MARSHALLTOWN



Not only did the football team have an exciting game at home, but the Ames High Volleyball team did as well. Many students came out to the gym to support the athletes. With a close score of 0-3, the JV and Varsity played their hardest for every point. For as long as both teams have been competing, Ames and Marshalltown have had close records for many sports. The Marshalltown Volleyball girls may have won this match, but Ames is looking forward to next season to compete against them once again. The players look forward to their next game against Fort Dodge in the upcoming week. Good luck to our Ames High Little Cyclone Volleyball players!



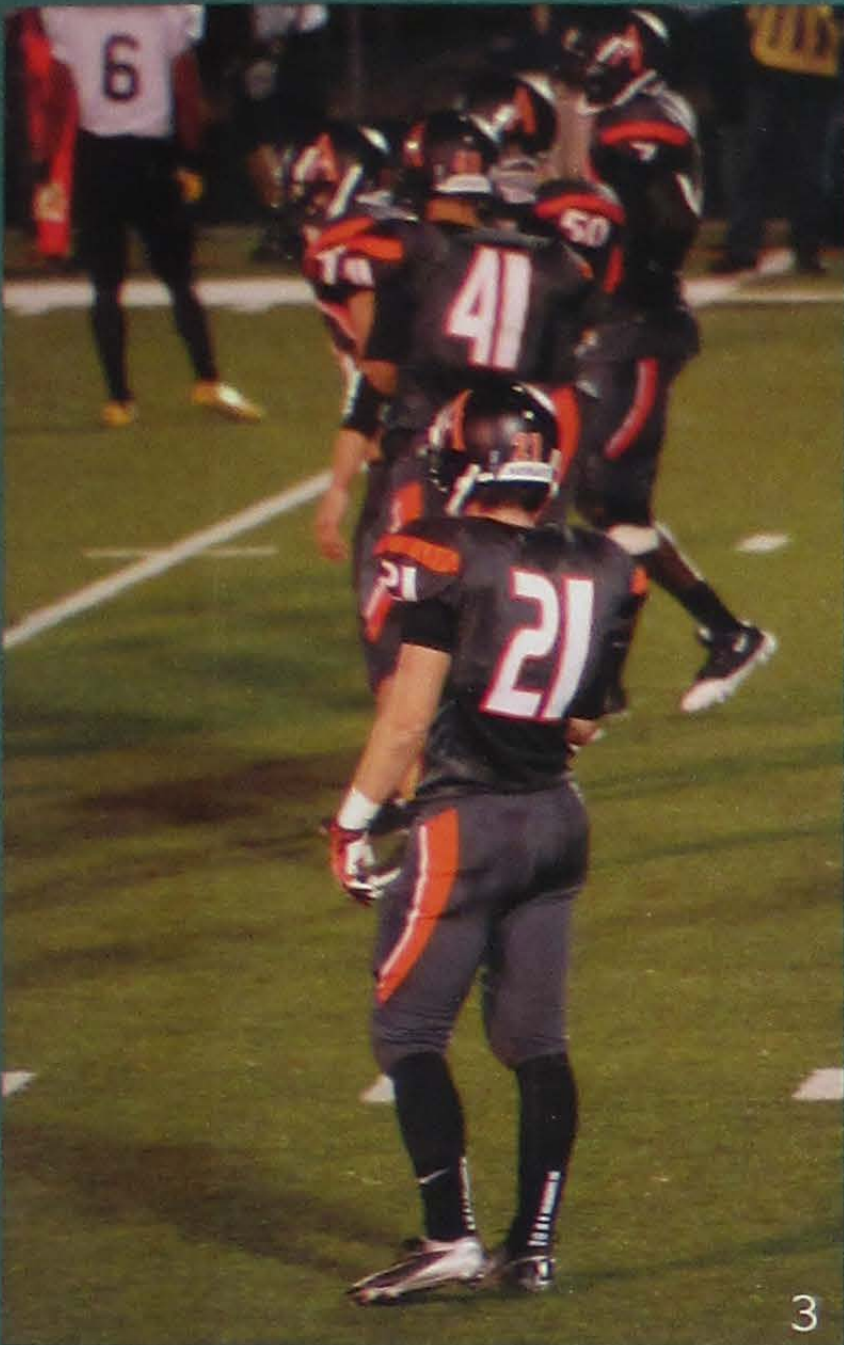
# AMES VS. SOUTHEAST POLK

## OCTOBER 5 - OCTOBER 11

Friday night football at Ames High has always been one of the most popular events of the season. The student body comes together to cheer on the football team, cheerleaders, and the marching band as they perform. No matter if they win or lose, everybody has a great time. There is always a place for everyone at the Ames High stadium. So grab a slice of pizza from the concession stand and cheer on your Ames High Little Cyclones! (1) Seniors **Emily Carlson**, **Savannah Farner**, and **Catherine Quant** perform cheers at the game. (2) Junior **Karin Halverson** talks with her friends while cheering on her friends (3) Senior **Josh Engelken** waits for the play to start during the home football game. (4) Juniors **Zoey Lazere**, **Isabel McLeod**, and **Alyssa Lehman** sit in the stands during the first half of the game.



2



3



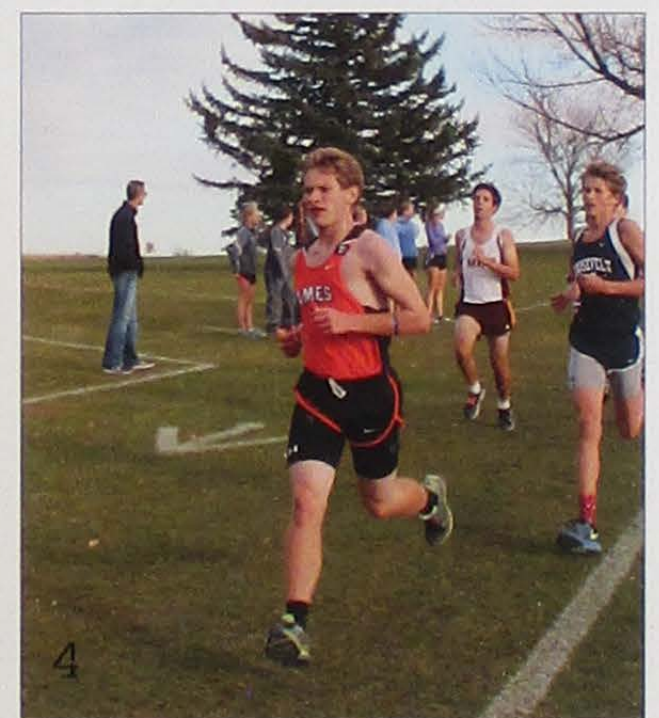
4



2



3



4



5

1. State Cheerleaders practice for the State competition.
2. Juniors **Max Wei** and **Alex Palensky** go door-to-door selling nuts to fund raise for Key Club.
3. Senior **Caroline Marnin** runs at Districts in Fort Dodge.
4. Junior **Ben Popkin** runs his last cross country race.
5. The annual German exchange brought about 20 students to Ames. The group comes together as a goodbye on their last school day.



# (re)lease



junior Alex Palensky



freshman Regan Kílzer



## KEY CLUB

OCTOBER 12 - OCTOBER 18

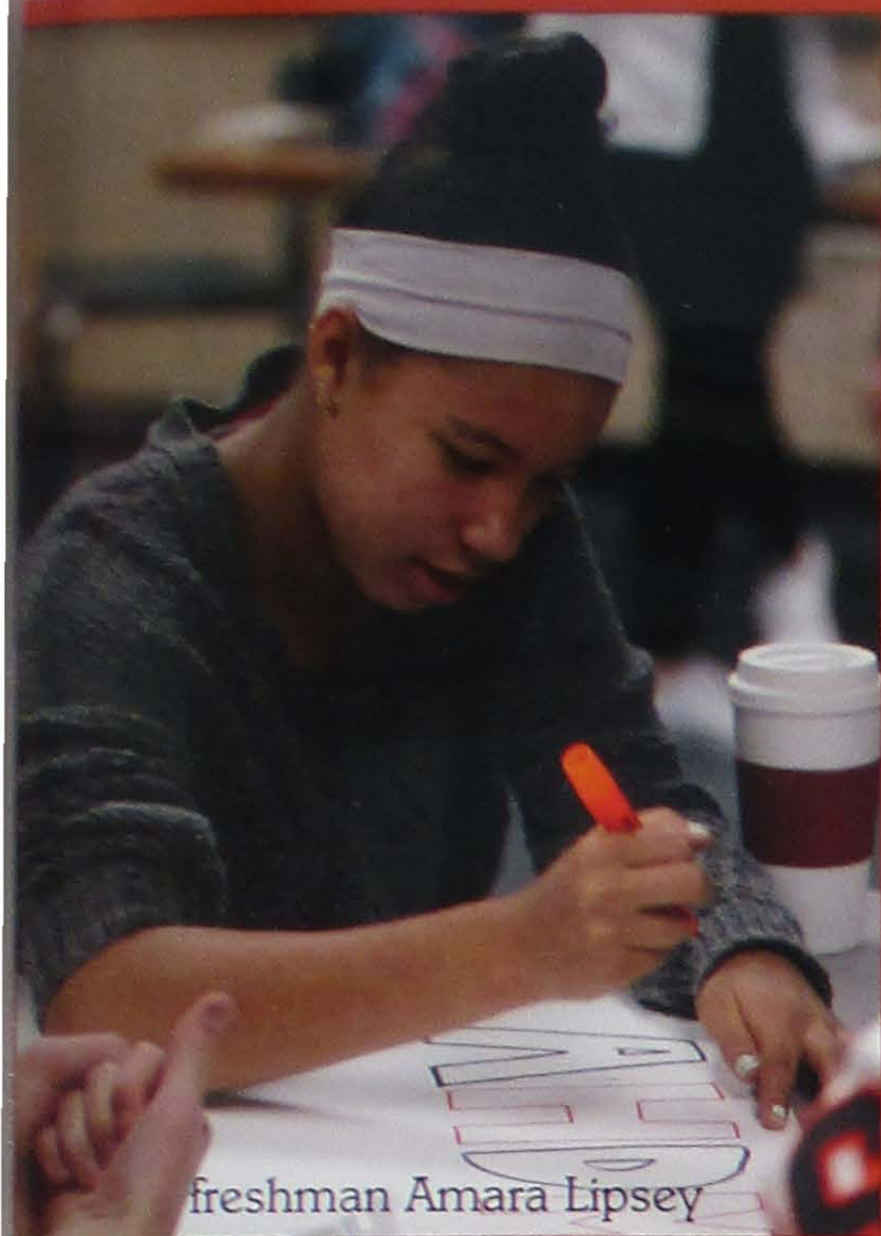
Ames High students are incredibly involved in many activities inside and outside of school. Key Club, one of the most popular clubs at AHS, annually picks up litter on Highway 69 on South Duff. This year, nine students came together to work on the highway. Students **Macy Vollbrecht**, **Charlotte Lenkaitis**, **Reagan Kílzer**, **Eli Bratsch-Prince**, **Alex Palensky**, **Kevin Maxwell**, **Melissa Liu**, **Maya Chen**, and **Max Wei** helped out this year. Senior **Eli Bratsch-Prince**, who is the vice president of the club, said that "Highway cleanup is a small act of environmental friendliness, but sometimes a small act can go a long way."

Key Club members also had the opportunity to volunteer at an elementary school on Thursday. The students helped at the Edwards Carnival by setting up, running games like Angry Birds, and manning the general store. Senior **Judith Fan** said, "It was a really great experience and was really fun being able to interact with younger kids."



Senior Judith Fan





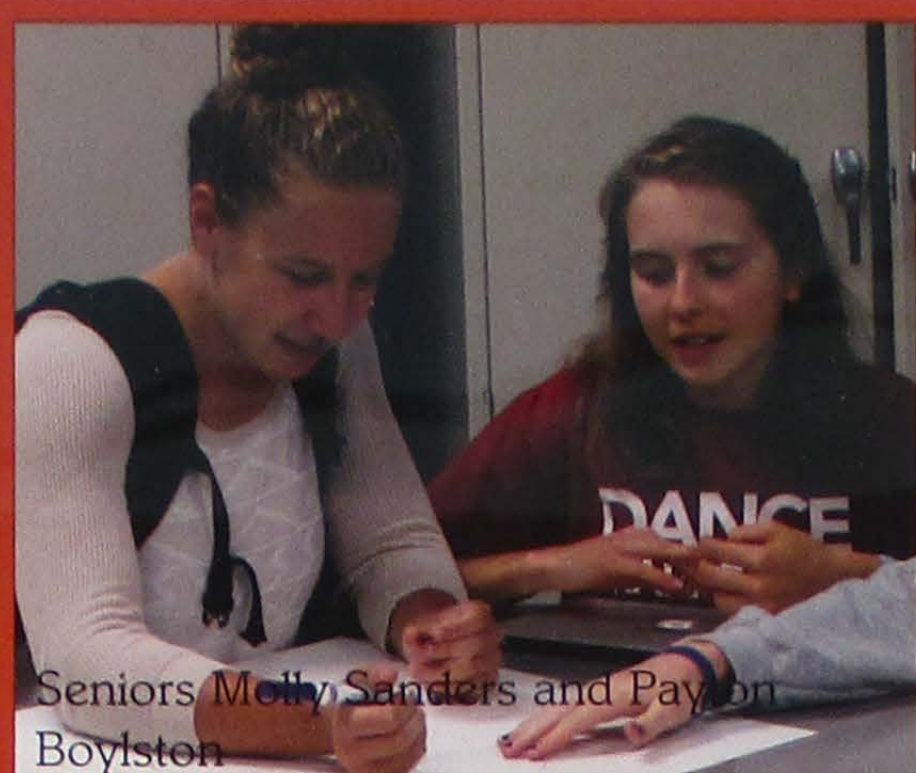
freshman Amara Lipsey



freshmen Jessie Bayouth and Clara Mikovec



seniors Saba Toosi, Lizzie Gartin, and Jenna King



Seniors Molly Sanders and Payton Boylston

Dance Marathon is a new AHS event this year. Committed to helping raise money for the University of Iowa children's hospital, the group has started fundraising for this project. Students created posters to create awareness about the coin drive that would happen the following week.

Macky Wednesday is a long-standing girls cross country tradition. The day before a meet, the runners get dressed up in crazy outfits to get pumped up and loose. After a pep talk from Schmalz at Brookside, the girls race back to see who can get to the spaghetti dinner first. Good luck girls!



seniors Caroline Baum and Caroline Marnin



juniors Margit Herrmann, Kerry Strum, Natalie Tesdall, Maddie Kouba, and sophomore Taylor Junck



juniors Jessica and Emily Rehmann



1



2



3

## GIRLS DIVING

Once again, the girls swimming and diving team has one of the strongest teams in Iowa. With excellent divers and swimmers, the team has a goal of being on top again this year. At a meet, freshman divers **Emme Peters** (1) and **Kaylee Clendenen** (2), and senior diver **Rachel Canon** (3) show off the skills they've been working hard on in the rigorous practices.



## SENIOR GIRLS CLUB PINK-OUT

SEPTEMBER 28 - OCTOBER 4

The unofficial official "pink-out" Friday was a hit at Ames High! The Senior Girls Club encouraged everyone to wear their most pink outfit to the football game in support of breast cancer awareness. The senior girls sold t-shirts throughout the week that said "Let's Tackle Breast Cancer" to raise money for women's organizations around Ames that deal directly with the help of curing breast cancer and helping women who deal with it firsthand. Senior Girls Club also read breast cancer facts on the announcements each day to help the student body become more aware of the disease that affects so many people in our community. Another way they helped get the word out was through social media, which allowed people to have continuous reminders of the updated events. The pink-out brought the school together to become aware of Breast Cancer and the effects it has on students and close relatives.



seniors Shaniah Smith and Nicole Auel



## NHS HOSTS CHARACTER COUNTS DAY AT FELLOWS

On Thursday, October 23, Ames High School's National Honor Society went to Fellows Elementary for a Character Counts Big Buddy/ Little Buddy Day. Groups of five or six high school students took on themes like perseverance, leadership, and respect and taught hands-on mini lessons to groups of younger students. Throughout the day, Fellows students wrote down things they had learned on paper leaves and taped them onto a "Growing in Character" tree. Senior **Anna Ogilvie** enjoyed teaching the younger kids. "It was a beneficial day for both the high school students and the elementary school students, as we learned from each other. It was one of my most favorite days of the year!"

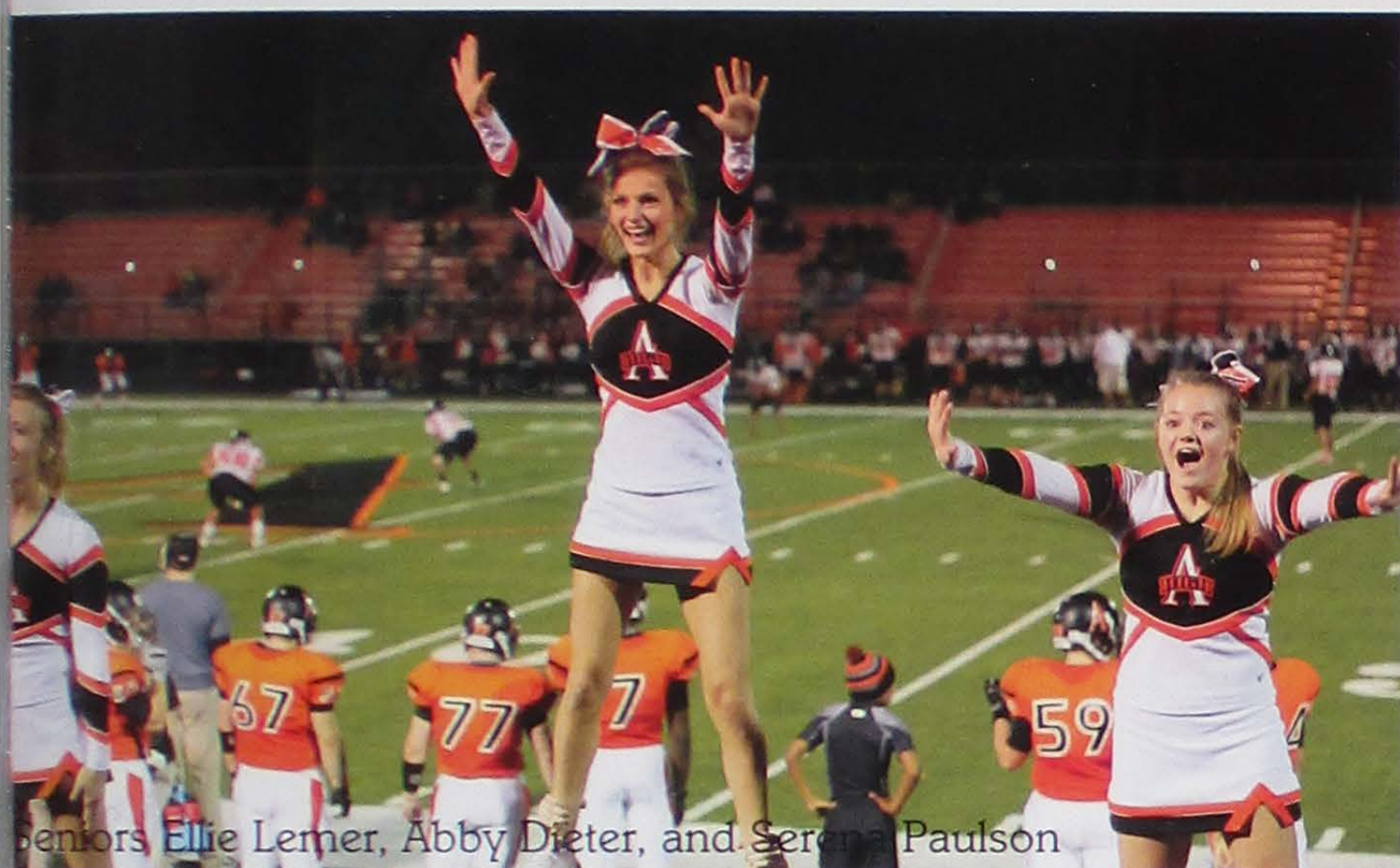


seniors Zoe Pritchard and Anna Ogilvie



seniors Stephanie Shin and Anna Ogilvie





Seniors **Ellie Lerner**, **Abby Dieter**, and **Serena Paulson**

## SENIOR NIGHT

On Friday, October 24, students gathered together for the last home football game of the year. "This year's football season was tough, but Ames High made it through," said senior linebacker **Chris Halbur**. Ames pulled through one last time for the season with their defeat of Council Bluffs Thomas Jefferson in a game. "It was a bittersweet moment, but I was glad to spend it with awesome people!" said senior band member **Melanie Long**. Senior cheerleader **Serena Paulson** also shared her Senior Night experiences: "I'm really glad that we won our last home football game. I'm thankful that the boys pulled it off. I'll really miss cheering with the juniors and cheering in front of the screaming crowds of Ames High students."



## ALL-STATE MUSIC FESTIVAL AUDITIONS

On Saturday, October 25, some of Ames High's most talented instrumentalists and vocalists traveled to Indianola to audition for the 68th annual Iowa All-State Music Festival. The musicians had been working on solos, etudes, and scales since August. Twenty-nine Ames High students were accepted into the All-State orchestra, band, and choir. Seven alternates were also selected. Band members set a school record with 16 woodwind and brass players being selected for the band or orchestra, in addition to four alternates. By far the worst part of auditioning for All-State is spending agonizing hours waiting for results. "I don't even want to talk about it," said junior **Dagney Paskach**, who auditioned for a second time this year. Too many times, the musicians ran across the gym to see who made it, only to find out that it was the wrong instrument.



Freshman **Tianxin Xu** enjoys a puzzle while waiting for audition results.

Top: Eight clarinetists from Ames High were accepted into the All-State band or orchestra: seniors **Ella Bartlett** and **Olivia VanWeelden**; juniors **Dagney Paskach**, **Braeden Weyhrich**, and **Emily Rehmann**



## ACADEMIC CEREMONY 2014

OCTOBER 26 - NOVEMBER 1

To celebrate the hard work and dedication that juniors and seniors have put in throughout the years for their academic achievement, the Ames High staff and city put on a ceremony to honor them. Students with a 3.5 GPA or higher attended the Friday night banquet, meeting city officials on the school board and the staff members. The cafeteria chairs were quickly filled with family and friends eager to celebrate these students. The Ames High community supports academics just as high as sports and extra curricular activities. It gives a way to honor the students who have spent hours studying, preparing, and working on their studies at a higher-than-average level. Students received an academic letter or pin to add to their accomplishments.



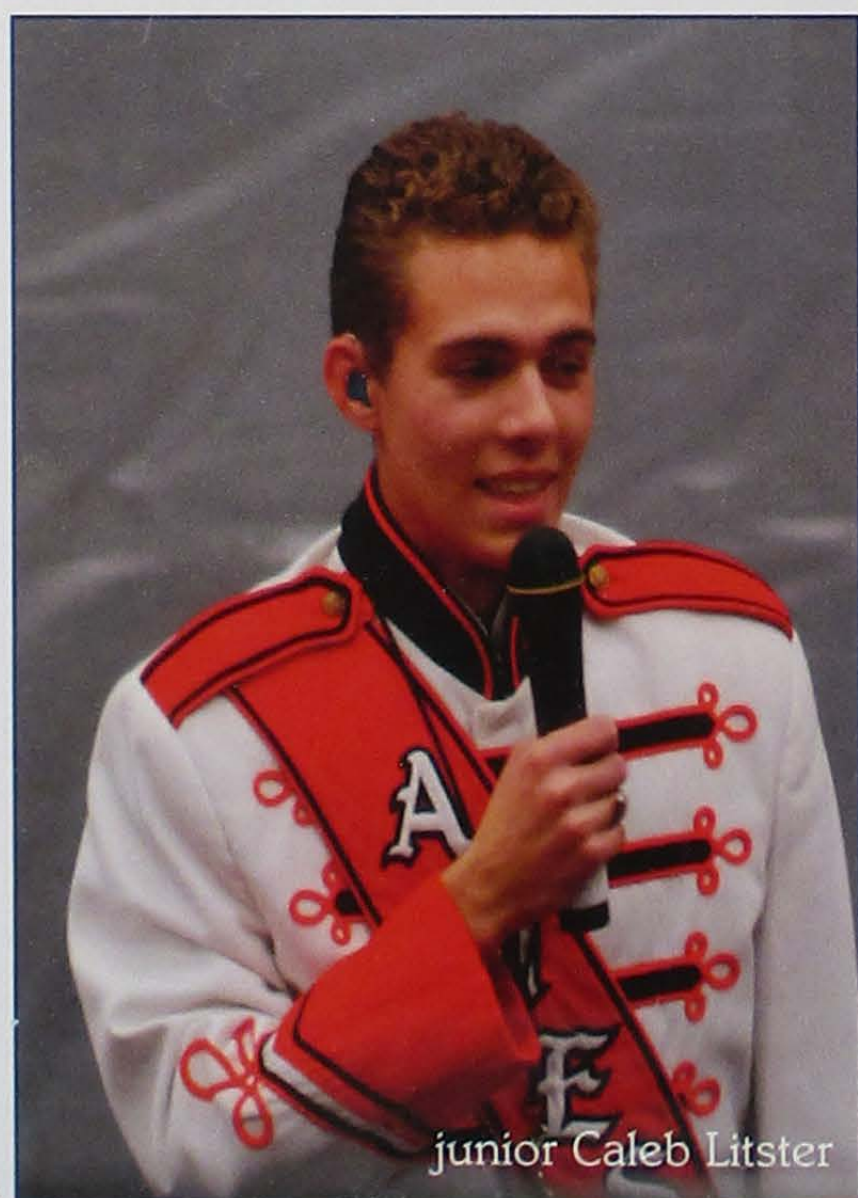
seniors Elyse Warrik, Emma Peeler, and Kira Marcott



junior Erin Wolter



senior Evan Culver



junior Caleb Litster

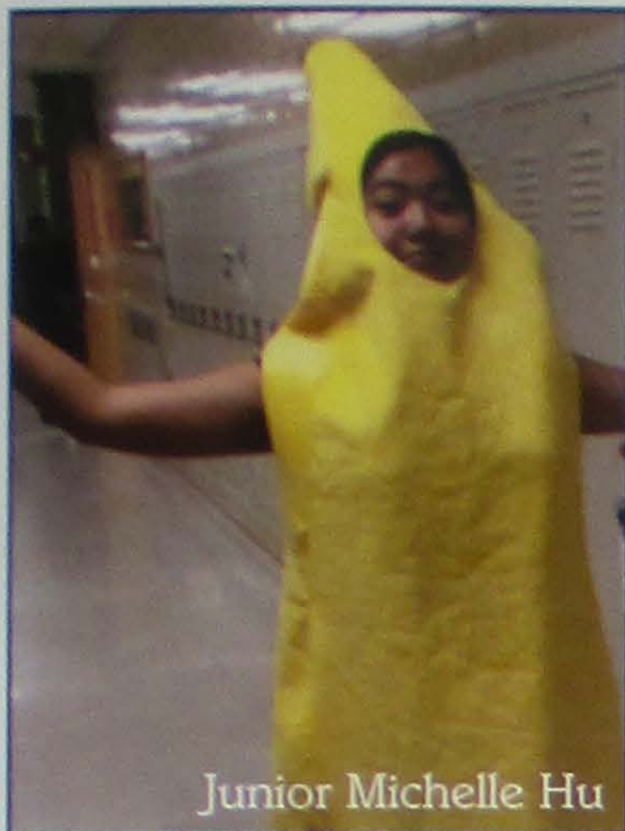


### Marching Band

Every year the band gathers for the Marching Band Spectacular to showcase the songs and routines they have worked on throughout the year. It's a great way to close the season, and it's a lot warmer than the football bleachers!



# BANANAWEEN



Junior Michelle Hu



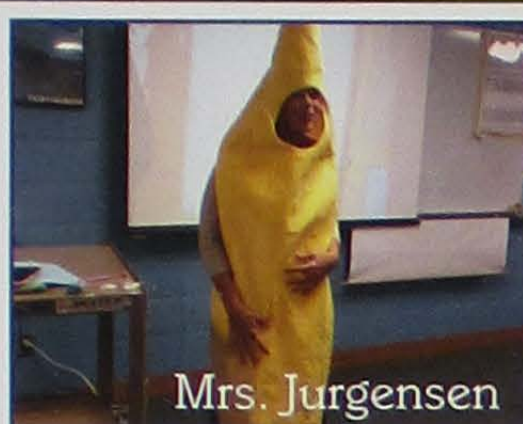
Mr. Walter



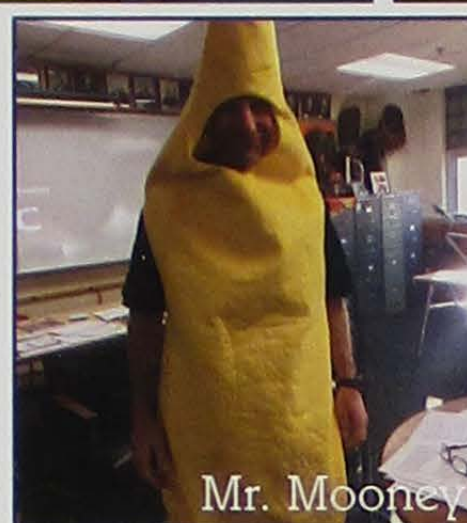
Mr. Sparkman



Mr. Todd



Mrs. Jurgensen



Mr. Mooney



Mr. Webb



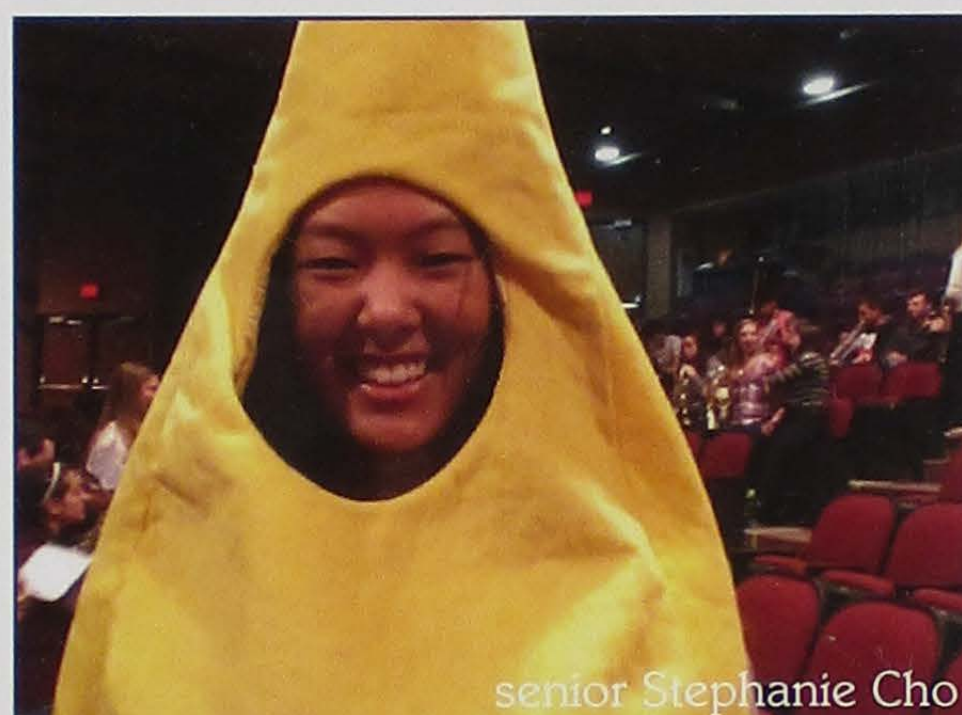
Senior Andie Newell



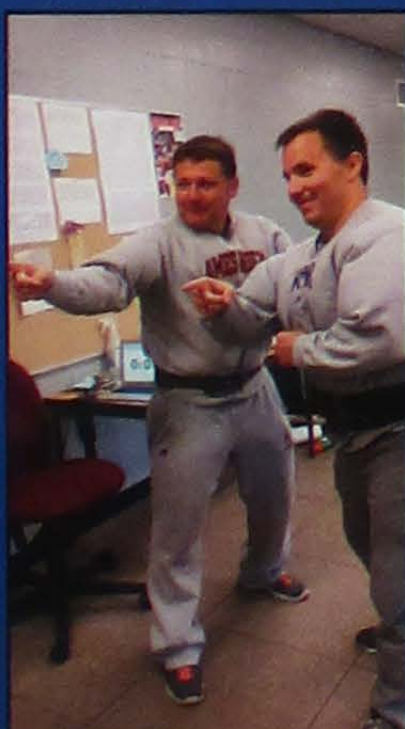
Senior Mykah Kennedy



Mr. Walter



senior Stephanie Cho



1. Senior **Zoe Pritchard** and junior **Jessica Rehmann** celebrate qualifying for state.
2. Varsity Cross Country girls lead the starting race.
3. The cellos during the orchestra concert.
4. **Mr. Fecht** dresses up like **Mr. Rial** for Halloween.
5. Senior **Phaedra Lipsey** plays one of her last volleyball games of the season.



# Out(re)ach



(1) juniors Macy Vollbrecht, Kub Stevens, Claire Dupuis, Spencer Cadogen, Aaron Marner (2) juniors Soledad Slowing, Clara Janzen, sophomore Sian Wipf, and junior Britney Stuart. (3) juniors Kub Stevens and Britney Stuart (4) The group begins to construct the support beams and foundational structure over which to build their makeshift home for the night.

## SENIOR GIRLS CLUB PINK-OUT NOVEMBER 2 - NOVEMBER 8

On Saturday night, a group of 25 AHS students partnered with with some teens from the UUFA (Unitarian Universalist Fellowship of Ames) to make a difference. They drove to the Drake Stadium in Des Moines to participate in the annual Reggie's Sleepout event. The event is named after Reggie Kelsey, who aged out of the foster care system and then lived homeless for three months before committing suicide. The money raised at Reggie's Sleepout is donated to Iowa Homeless Youth Shelters.

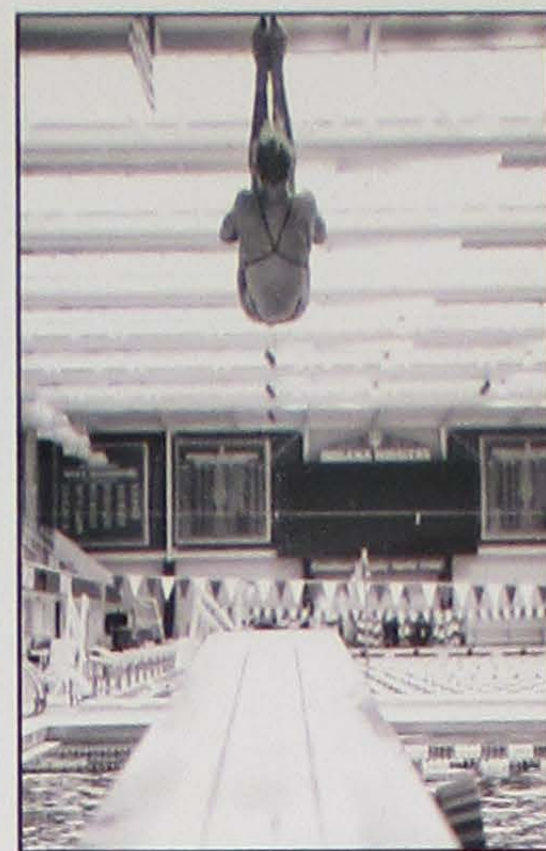
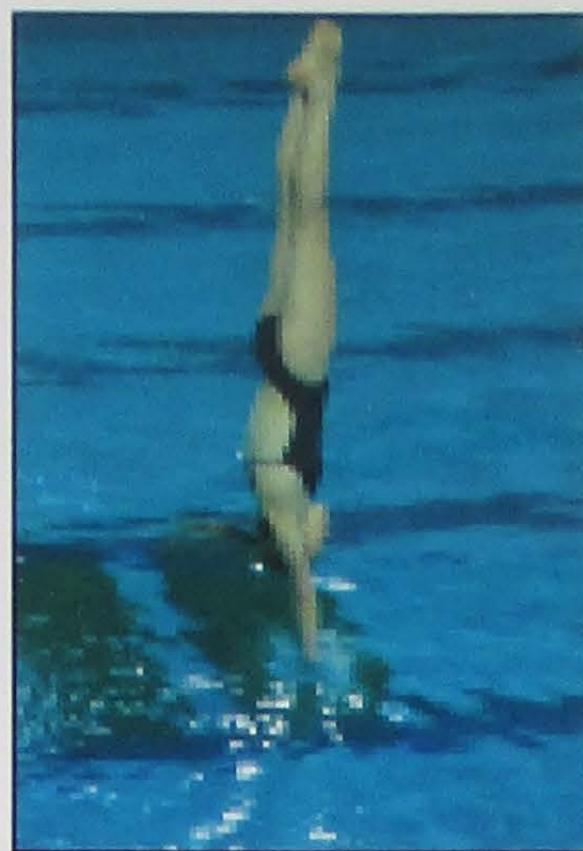
The primary purpose of Reggie's Sleepout is to raise money to help homeless youth, but it also raises awareness and empathy by allowing people to experience living one night like a homeless person.

AHS senior **Phaedra Lipsey** gave us a summary of how the night went: "The first thing we did was lay down tarps on the turf. Next we constructed one long, cardboard house for all of us to sleep in. After finishing our structure, we ate supper; the meal they provided was a rather small portion. After supper to 11pm we played games, danced, and talked together. At 11 we lined up for a slice of pizza and some hot chocolate. Stadium lights went off at 1am, and we all crawled into our cardboard structure and attempted to stay warm on that cold November night. We were woken up at 6:30am, so we packed up our stuff, flattened out our structure, and returned home." Overall, the even raised over \$127,000 and was deemed a true success.



## SENIOR GIRLS DIVING

On Saturday, November 8, the state swim team went to Marshalltown to compete for the last time this season. They took home with thirty of the best girl swimmers. After a four year run as state champs, sadly, they came in second to Pleasant Hill. Their streak was over, but seniors **Maggie James** and **Rachel Cannon** won't ever forget their time in the pool for AHS. James hadn't lost a single meet her entire career at Ames High until that last meet, picking up countless records along the way. Junior Rachel Cannon also had a distinguished career. "I never believed I would make it to state, but my dream came true junior year," Cannon said. Even with the countless bruises from smacking into the water during practice, these girls have made an impact and have left their legacy at AHS.



senior Maggie James



senior Rachel Canon



senior Rachel Canon



senior Maggie James



Showing a glimpse at the hard work that goes on behind the scenes, debate team members juniors Toby Garcia-Vega, Daniel Andreotti, and Michelle Hu study notes in their hotel room in Minnesota to prepare for their upcoming debate at Apple Valley High School. Even though no one placed in this specific debate, they've had a good season.

National Honor Society is made up of 68 students. The members consist solely of juniors and seniors who not only meet rigorous GPA standards, but must also undergo an extensive application process. During second lunch on Fridays each week, they meet and plan social service. Pictured, however, is them playing games like ships and sailors and a game involving trust falls.





# TUCHEZE

NOVEMBER 9 - NOVEMBER 15

Everyone spent this week looking forward to Tucheze, Ames High's informal dance sponsored by SHEPH. "Tucheze is amazing! it's the only dance that's actually totally worth going to," sophomore **Brian Todey said**. The money raised from these types of dances is always used for a good cause. Last year the money was used for building a well in Uganda. This year the money will be more local and will go to the Ames homeless shelters. The event was Coachella themed, so everyone brought out their flower crowns and crazy prints. There was tons of great music to which students could sing and dance. Every year when the Tucheze dance grows, more money is brought in for Uganda. It is a great opportunity for students to realize how much they can achieve by hosting small events for everyone to enjoy.



a group of students displays their glow sticks, which were handed out at the dance to everyone who attended



junior Soledad Slowing



LEFT: Sophomores **Tala Salti, Kaitley Peterson, Grace Koehler, Taylor Monroe, Jane Joiner, Rachel Chun, and junior Nora Bensellam** take a break from all of the dancing to get some water.

RIGHT: SHEPH Co-Leaders juniors **Macy Vollbrecht and Soledad Slowing**, and seniors **Phaedra Lipsey and Saba Toosi** celebrate a successful night full of dancing, laughing, and loud music.





1.



2.



3.



4.



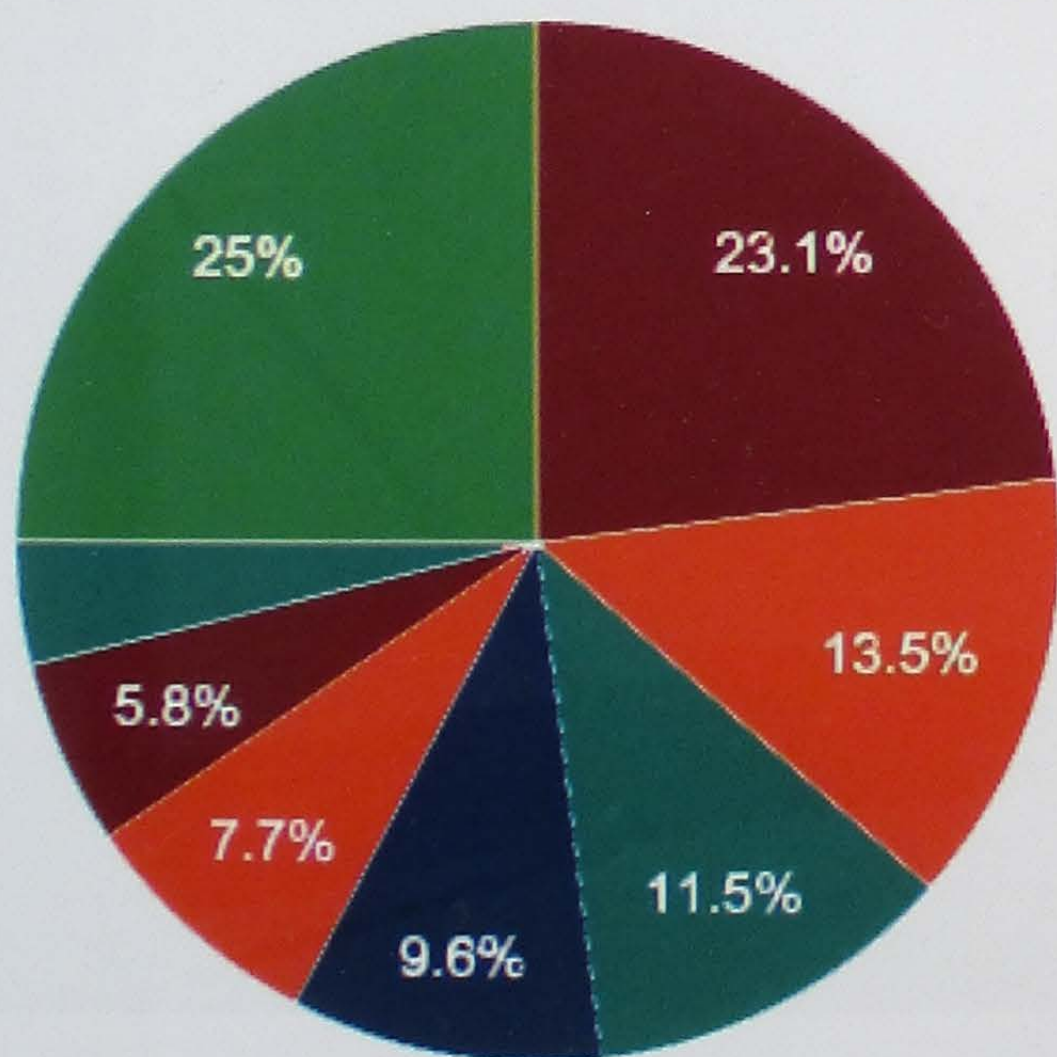
5.

1. Sophomore **Hayley Palensky** watches **Mrs. Seibert** take a dare of eating a mint oreo with salsa and guacamole.
2. Senior **Mary Otero** is hard at work on her project for 3D art.
3. Senior **Kira Marcott** speaks at a Catalyst meeting.
4. Juniors **Joanna Held**, **Emily Rehmann**, **Jessica Rehmann**, and **Dagney Paskach**, and senior **Zoë Sirotiak** thank coaches **Lyons**, **Lee**, and **Schmaltz** for a great season.
5. Seniors **Anna Bourke**, **Carissa Roberts**, **Olivia Sauer**, **Melanie Long**, **Anna Ogilvie**, **Zoë Pritchard**, and **Amelia Merchant** pass along the Slacker Jerseys.
6. Sophomores **Amy Canon**, **Naomi Bratsch-Prince**, and **Allyson Goodman** pose for a picture at the Cross Country banquet.



6.

## WHAT IS YOUR FAVORITE SCHOOL SUPPLY?



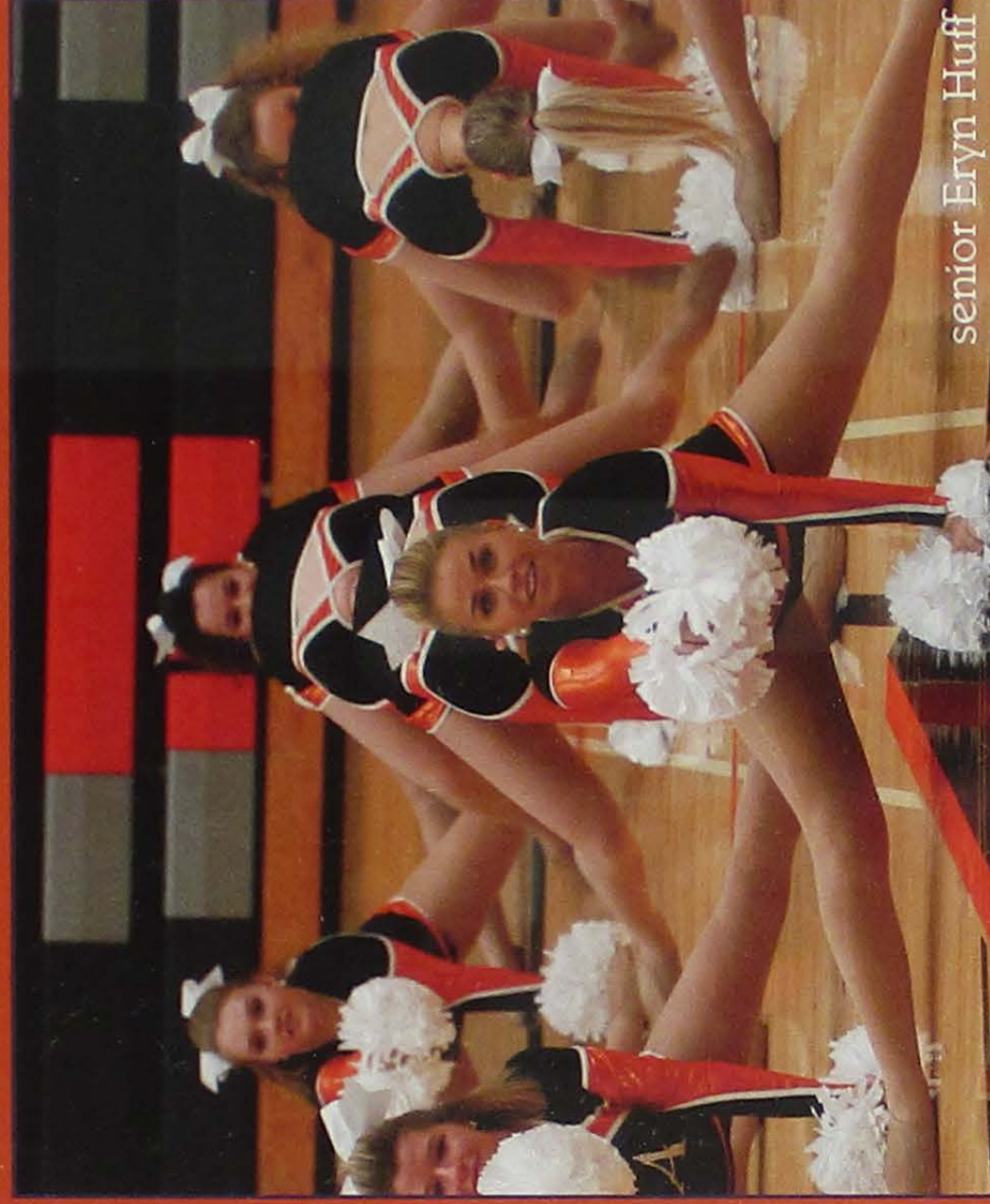
- Computer - 23.1%
- Pencils - 13.5%
- Scented Glitter Pens - 11.5%
- Black Smooth Ballpoint Pens - 9.6%
- Crayons - 7.7%
- Planner - 5.8%
- Myself - 2.2%
- Other - 25%



(re)lease

# WINTER KICK OFF NOVEMBER 16 - NOVEMBER 22

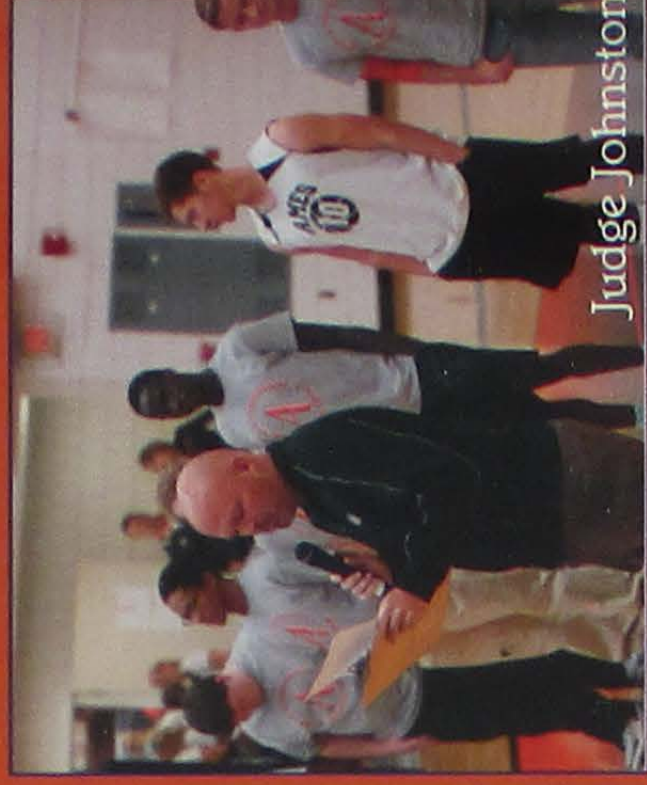
Students fill the Ames High gymnasium to see the winter sports teams introduced. Embarrassing moms taking pictures, grandparents, friends, and even teachers come out to support the team members as Ames High starts off the Winter season. All activities from Drill Team, Boys Swimming, Wrestling, Boys and Girls Basketball, and Winter Cheer are announced while recognizing each of the members. Drill Team started off the event by showcasing their newest routine, and ended with the girls and boys Basketball teams showing some drills that gives the audience a little taste of what the season would bring. In between was a little bit of everything as each team had its moment to shine. The Winter Kick-off was a fantastic way to cheer on the winter athletes and to celebrate the close of fall sports. The night brought all the players from a variety of different sports together before going their separate ways. It reminded students that what Spence always preaches is true: we play many sports, but we're all one team.



senior Eryn Huff



senior Evan Prochaska



Judge Johnston

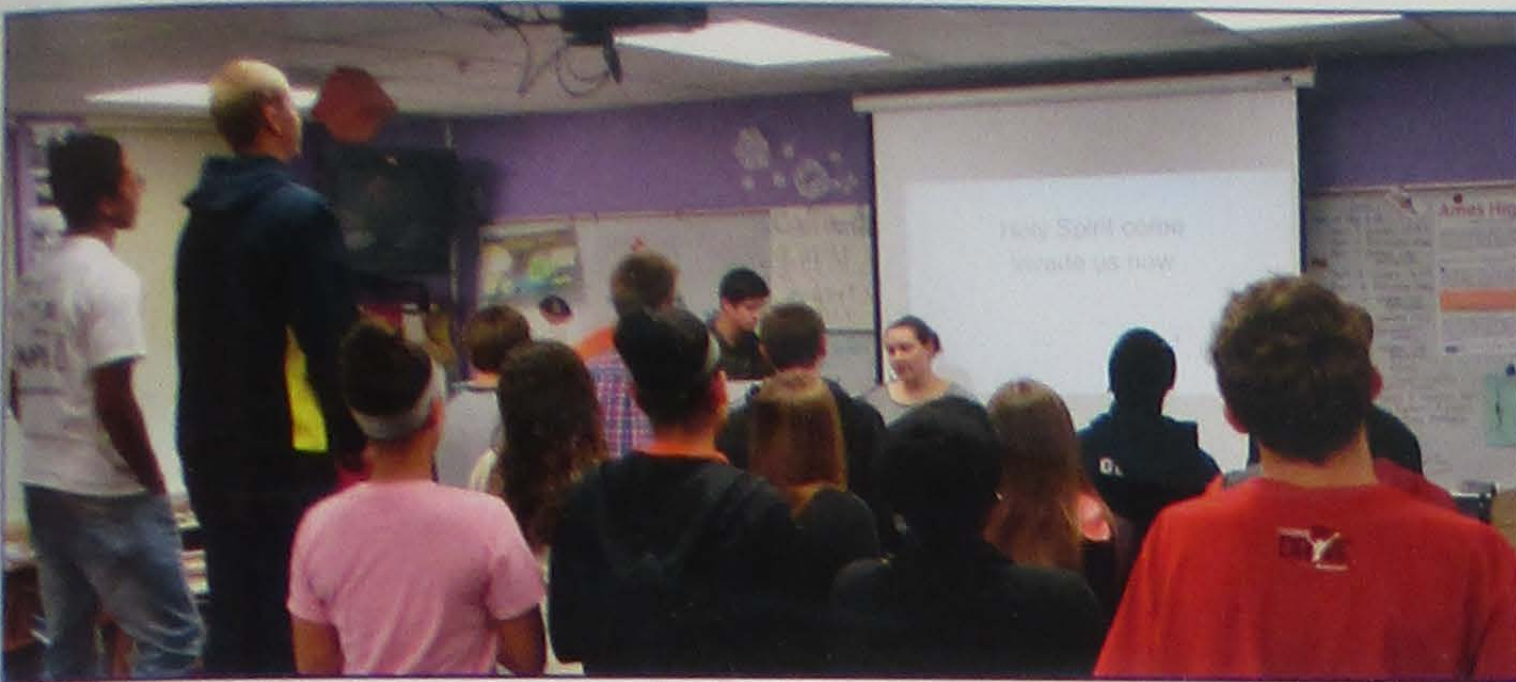
(ALL-STATE)



Every year, students across Iowa audition to be a part of the All-State Music Festival. Sixteen Ames band students, eleven orchestra students, and three choir students were accepted to participate in the festival. The band was directed by Dr. Andrew Mast of Lawrence University, Iowa-All Stater. The Iowa High School Music Association (IHSMA) provides music for the students after the first audition to practice for a month to decide their chair placement. After the second audition, Iowa students spend all day Friday and Saturday practicing to perform the concert Saturday night for friends, family, and local music lovers. Senior **Ella Bartlett** commented about her experience, "The best part of All-State was the director. Experiencing a different conductor was a learning experience. Also to be surrounded by people just as passionate about music as I am."







senior Luke Heilman

# CATALYST

Students join together every Wednesday morning in Mrs. Seibert's room in a small community to eat donuts, learn about faith, and encourage one another. While seniors lead the Christian-based, non-denominational club each week, freshmen through seniors participate in it.



senior Kira Marcott



1. Junior **Olivia Carter** starts her Winter Cheer season off performing for a captive audience.
2. Senior Lindsay Barroso performs at her last Winter Kick-Off.
3. Sophomore **Brian Today**, senior **Will Franke**, and junior **Lila Rice** eat lunch together in Mr. Webb's room.
3. Seniors **Grace** and **Hope Mills** spend their time at Cafe Diem playing scrabble to unwind after a long hard week of school.
5. Senior **Will Fowler** wakes up early on the first snow day and plows his sidewalk.

## What's your advice for surviving the f(re)ezing temps?



"I have a very small dog. I wrap up my dog in my sweatshirt pocket."  
senior **Grace Sheibe**



"Hot pockets!!!"  
sophomore **Maddie Tuggle**



"Be Frozone, and you'll never be cold."  
junior **Moe Elsadig**



"Stay inside."  
senior **Rylan Rudd**



# AMES HIGH HOCKEY

NOVEMBER 23 - NOVEMBER 29

Hockey has been becoming more popular at our school over the last few years. Walking through the hallways, it's common to see students wearing hockey jerseys from their favorite team. But these aren't the only students into hockey. Members of the Ames Little Cyclone hockey team are often seen wearing their jackets throughout the school. The players come from Ames High and the surrounding area to practice at the ISU ice rink. These skaters have a schedule packed with practices, home games, and traveling for away games. On Wednesday, the Little Cyclones hosted the Mason City Mohawks. After the Mohawks scored, Ames quickly rallied to pull off an impressive come-from-behind win by scoring 4 unanswered goals. The student section were really impressed with the players and their refusal to give up, even when they were behind. With the season off to a great start, the Ames High Hockey team is looking forward to a great season.



junior Toby Linder



freshman Cole Rogers



freshman Kevin Maxwell



**Name:**  
Ryan Mills  
**Grade:**  
Freshman  
**Position:**  
Forward  
**Years of Experience:**  
9 Years  
**Best Memory:**  
"Riding the bus with our team to away games will always be my favorite memory."



**Name:**  
Reed Boman  
**Grade:**  
Senior  
**Position:**  
Forward  
**Years of Experience:**  
12 Years  
**Best Memory:**  
"I have always loved when we first start practicing and playing our games. Especially since it's my last year!"





## FRESHMAN BASKETBALL

Even though the Freshman girls basketball team has not yet won a game this year, it hasn't dampened their spirits. These losses have helped them to grow as a team and to learn their strengths and weakness. From that, they have become a more well-rounded team. Things are only looking up from here on out! This week they played a home game against Roosevelt.



Mr. Mooney, known for his deadly APUSH quizzes, is also known for his love of coffee. To raise money for the Uganda trip, he sells Ugandan coffee with the help of students who bag the coffee beans. After weighing the beans, junior **Nathaniel Metcalf** pours the beans into the bag with the help of seniors **Will Franke** (1) and **Eric Baldrige** (3). Then the bags are passed off to **Eli Bratsch-Prince** (2) to get sealed so they can be sold. Mooney raises thousands of dollars each year.



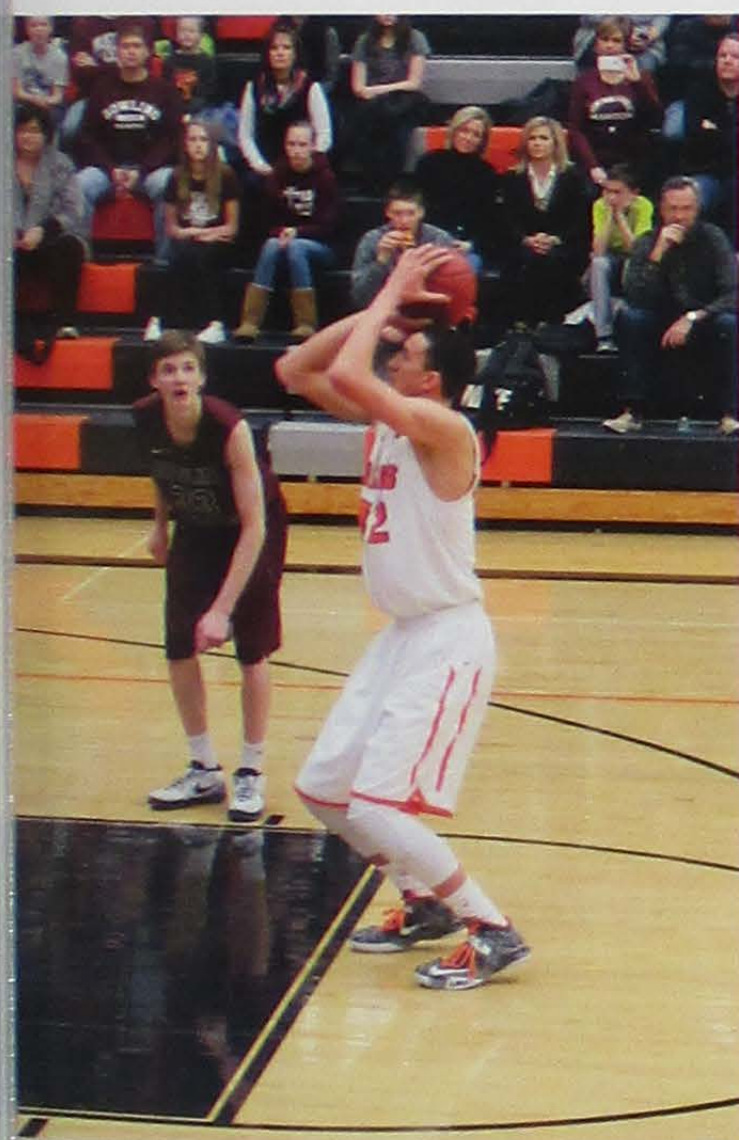
**Senior Emma Peeler** does her chemistry equations for her lab.







# WINTER



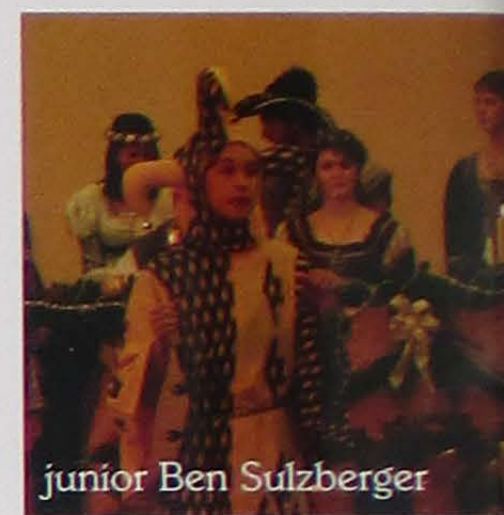




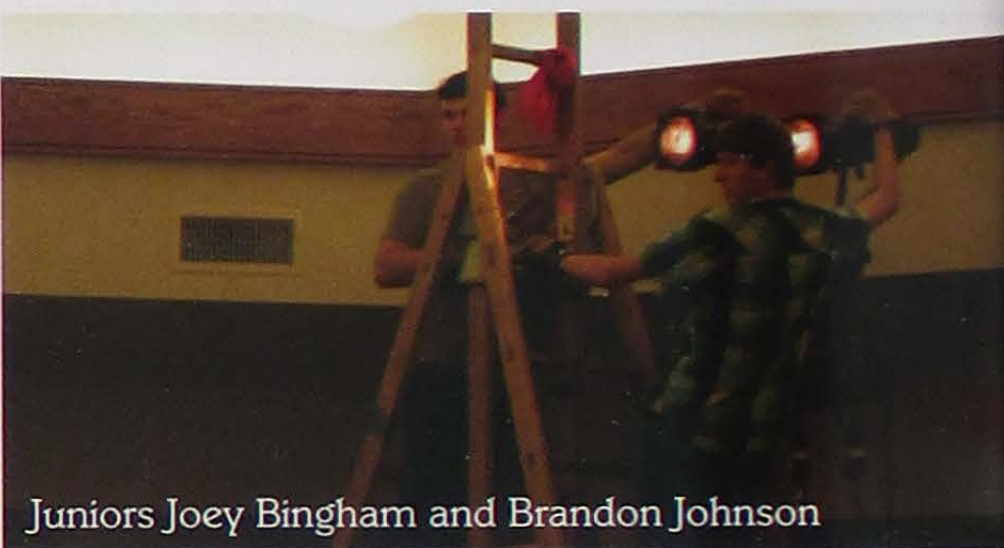
seniors King Jacob Linch and Queen Andie Newell



seniors Lord Eli Bratsch-Prince and Lady Olivia Sauer



junior Ben Sulzberger



Juniors Joey Bingham and Brandon Johnson

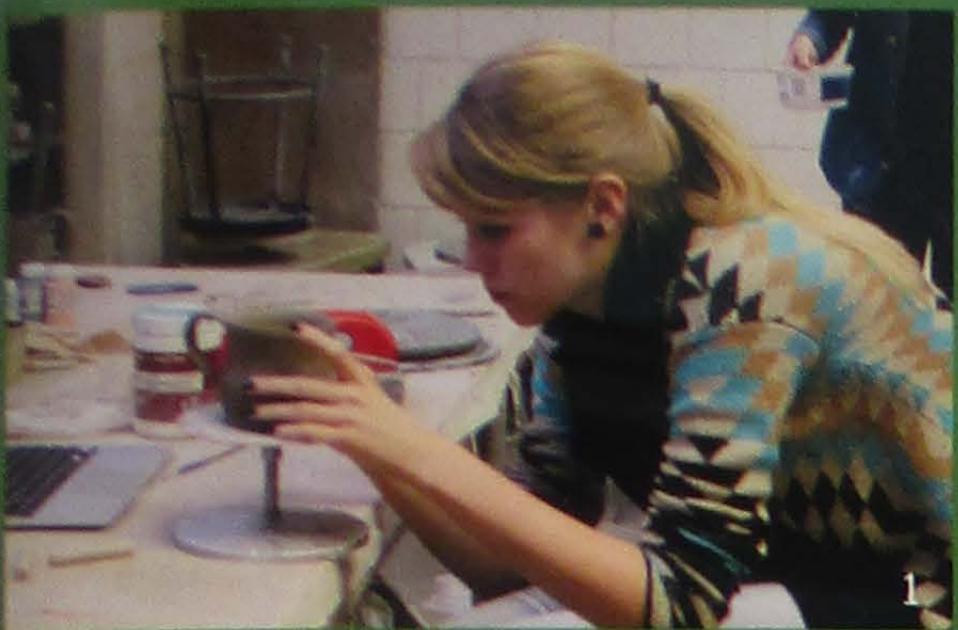
## MADRIGAL DINNERS

NOVEMBER 30 - DECEMBER 6

The highlight of this week was the annual Madrigal Dinners series. Comprised of vocal and instrumental music, a play, and food, Madrigal is a high point to many students' year, or even their high school career. "My least favorite part of Madrigal was the end; the final note that this past years' group sang, it was bittersweet," said senior **Jacob Linch**, a three-year member of the most well-known part of Madrigal, the Madrigal Singers. Linch ended his Madrigal career as the Madrigal King, a top honor for a senior vocalist. "Being King this year was really fun!" shared Linch. "'The Boar's Head Carol' was my favorite thing about being King. It was always an interesting and new experience every time I sang it." Another important part of the Madrigal experience is the play. This year, it was directed by juniors **Lena Menefee-Cook** and **Ben Sulzberger**. "It was loads of fun. It was my first experience directing, so it was a great way to learn with an awesome cast and codirector!" commented Menefee-Cook. An unfortunate ending to Madrigal season was illness. A few singers were coughing during the performances, which eventually ballooned into a large portion of choir and symphonic band students being sick with respiratory illnesses, affectionately known as Madge Plague. Despite this unfortunate happening, Madrigal was a success.



## CERAMICS CLASS



In Ceramics, students learn techniques for crafting beautiful things out of clay. They also master painting skills and have loads of fun. It's a popular class for students ranging from freshmen to seniors.

1. Junior **Breanna Engelhardt** 2. Sophomore **Samantha Hart** and junior **Autumn Jones** 3. Junior **Alyssa Lehman** and sophomore **Izanna Perry** 4. Senior **Sari Estrada** 5. Senior **Emma Sillman**



## COMMUNITY SERVICE

Senior Girls Club members worked tirelessly to help others as Christmas neared. Seniors **Allie Mullen** (1), **Katie Codner** (2), **Elise Hill** and **Alexa Cross** (3), along with other club members, helped Wilson Toyota wrap presents for the children of Beloit who couldn't be with their families over the holidays. Other AHS groups also got in the holiday spirit by helping others. The varsity girls basketball team (5) takes a break from wrapping gifts at the Pass-Along Party. Seniors **Luke Smith** and **Brendan Gorman** (4) sort food from the DECA food drive.







## HOLIDAY CONCERT

DECEMBER 7 - 13

Families, friends, and the local music lovers in Ames came together to watch Ames High students expertly perform the music that the band had been practicing for only a month. During the marching band season, students audition for chair placements to be split into three different bands. The three bands are Freshman, Concert, and Symphonic. All freshmen are required to spend a year with their grade, while sophomores, juniors and seniors all audition for either Concert or Symphonic Band. The three different bands practice and perform three songs.

Once the Holiday Concert is done, the Concert band receives music for their next performance: the Winter Concert. However, the Symphonic Band starts preparing music for the Young People's Concert in January. The music prepared are songs from Frozen, as well as small solos to show off each instrument to the elementary students in the Ames area. This allows young children to discover an instrument that they may personally be interested in exploring. Students from all over perform their hardest during the concerts in order to represent Ames High's spirit.



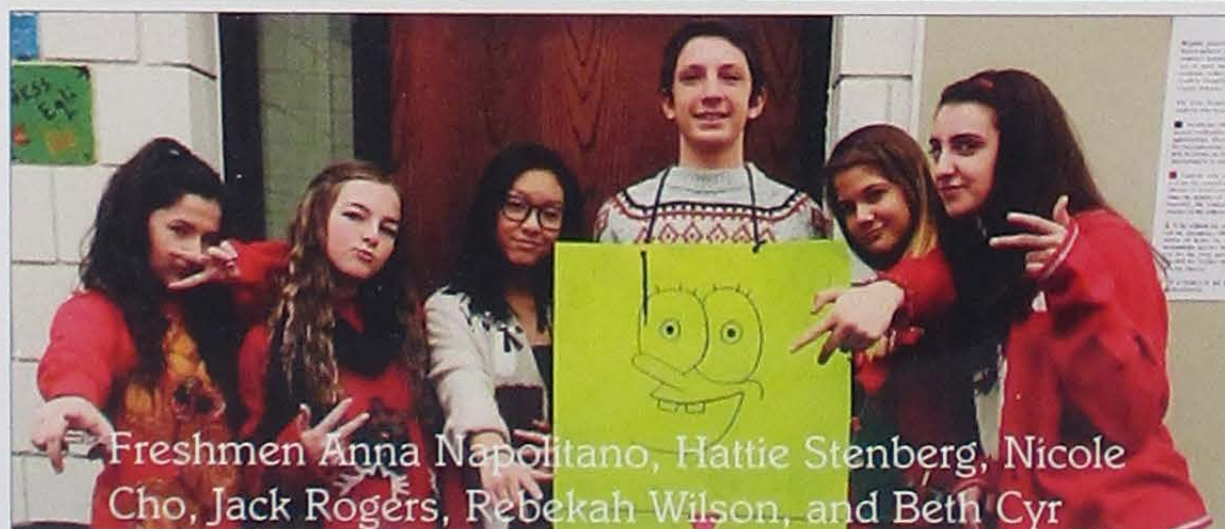
Junior Emma Stewart and senior Jake Stone



Junior Claire Dupuis, seniors Zoe Pritchard and Anna Ogilvie, and junior Macy Vollbrecht



Seniors Jessica Scharpenter, Mykah Kennedy, and Mr. Zmol



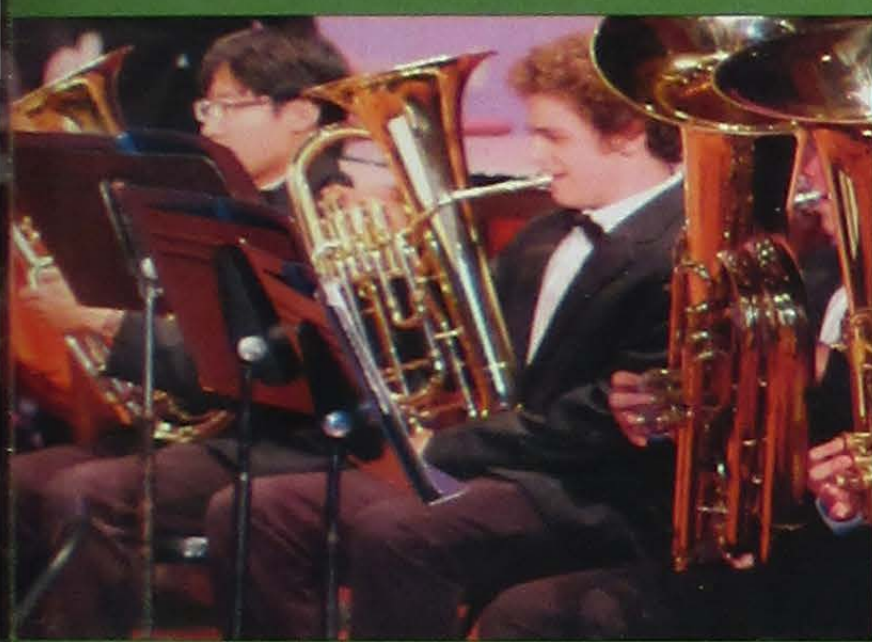
Freshmen Anna Napolitano, Hattie Stenberg, Nicole Cho, Jack Rogers, Rebekah Wilson, and Beth Cyr

## UGLY SWEATER DAY

As the temperature starts dropping, the sweater numbers start rising! The Ames High family takes the Winter Madness Ugly Sweater Day very seriously. Students from all grades dig out their ugly, obnoxious sweaters in order to bring the holiday spirit to life at Ames. Every year, the Student Council plans a week full of activities in which the student body is encouraged to participate.



# JAZZ FESTIVAL



The South Central Iowa Bandmaster Association (SCIBA) brings together some of the state's best musicians to compete against each other. Top musicians in Iowa sit in the jazz performances and put on a clinic afterwards. At the clinic, students take advice from music professors about their music in order to improve as musicians. They break each school into sections to compete against other schools similar in size. Jazz Band #1 placed 4th out of 16 bands in the 4A First Band competition. Jazz Band #2 placed 2nd out of 15 bands. These places represent the best the jazz bands have ever performed at this event. Nine Ames High students received an "outstanding soloist award," including: freshmen Sam Packard, Liv Lauber, Grace Lee, and Julia White, sophomore Ethan Constant, juniors Braeden Weyhrich and Jonah DeGeest, and seniors Patrick Jasper and Eli Bratsch-Prince.



1. Junior **Kyle Kinneer** works on his painting for his Drawing and Printmaking class.
2. Winter Cheerleaders perform during the girls basketball game.
3. Junior **Brianna Scioneaux** develops her photos for her Photography class.
4. The freshmen basketball team comes together during halftime to receive a pep talk from their coach.
5. Senior **Hannah Rollins** works on a painting for her art class.



# FINALS WEEK

DECEMBER 14 - DECEMBER 20

It's that time of year at Ames High when everyone starts drinking lots of coffee, dreaming about summer vacation, and cramming for their finals. Some students are excited because it is a short week but others are stressing out because of the shorter amount of time to study. Many students at Ames High wish they were somewhere else this week, wanting to avoid taking their final exams. Even though this might be true, we have an excellent teaching staff that helps us prepare for these exams, and excellent students who work hard so they are rewarded with an accomplished feeling. This year Ames High has changed things us a little bit by moving finals to before winter break; some wish they had the time to study, but others see it has truly having a break from school. Overall, many people enjoy having the winter break to relax and spend time with their family and friends.

Ames High is an amazing school because of the teachers and students we have. While admittedly stressful, teachers are more than willing to help, demanding nothing but our best along the way.

Once finals are done, students take comfort from knowing that a full two-week break is ahead of them. While some are staying in Ames, there are many who leave the state to visit family or to find a warmer destination in which to relax and recover. Even teachers look forward to the chance to recover. "I plan on doing basically nothing," teacher Tim Mooney said. "And all my students will benefit from that choice!"

## INSTA OUR WAY THROUGH FINALS

jaredcoleman\_



16 likes

"#FoodForFinals"  
- senior **Jared Coleman**

\_megrose16



40 likes

"What I do to get ready for finals."  
#finalsgotmelike"  
- junior **Megan Peters**

nadiahuffman  
Cabo



93 likes

"Because I would give anything to be on the beach right now."  
- senior **Nadia Huffman**

bbella\_18  
Cafe Diem- Ames, IA



222 likes

"No sleep till finals. #espresso (3x) because dead week."  
- freshman **Bella Anderson**



# HOW ARE (YOU) SURVIVING FINALS



"Oreos. And Netflix. And then crying because of finals."

- senior **Makenna Peterson**

"Just living."

- junior **Derek Lin**

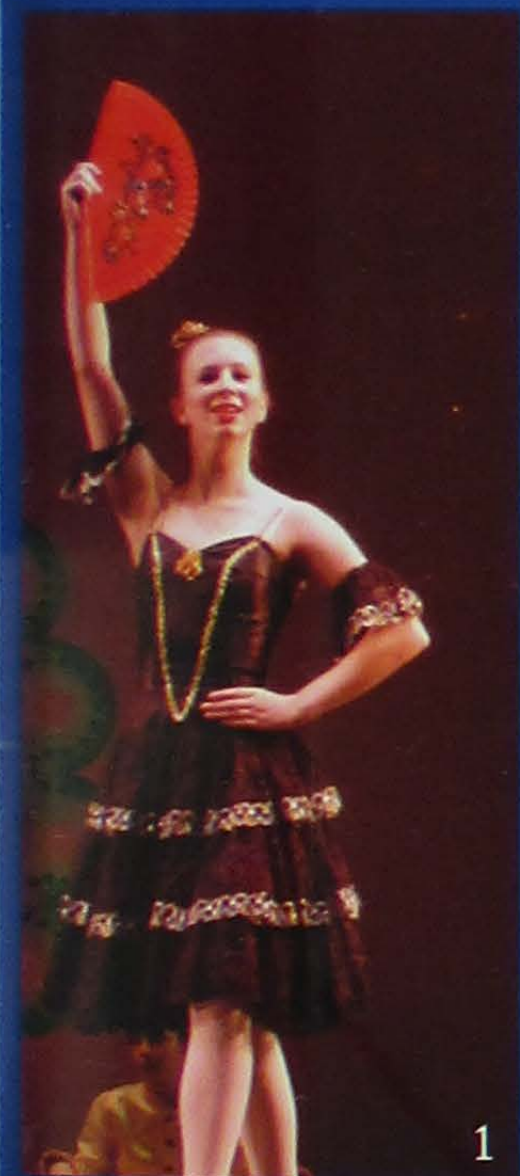
"I just try to review everything and sleep a lot. Then I study some more."

- senior **Suzanna Gilbert**

"You don't study for any of them and then you cry if you do badly."

- junior **Jonah DeGeest**

## NUT, NUT, NUTCRACKER



The Nutcracker Ballet is performed every year during December at CY Stephens auditorium on Iowa State's campus. The Robert Thomas Dancenter, a popular dance studio for Ames High students, choreographs the many variations in the ballet. Many AHS students try out and become involved in this ballet. After starting practice in October, the dancers work hard to learn their routines to be performance ready in December.

1. Junior **Alissa Watters** poses at the end of a dance as a Russian dancer. 2. Senior Flower Soloist **Stephanie Shin** performs a jump during her routine. 3. Senior **Allie Mullen** presents herself during her Flower Soloist routine. 4. Senior **Nick Stott** performs in the heaviest outfit 5. Senior **Stephanie Shin** presents herself during her Flower Soloist routine. 6. The dancers perform their Russian routine while showing off their skills.



# PEP BAND AT ISU WOMENS BASKETBALL GAME

DECEMBER 21 - JANUARY 3

Pep band had a very special opportunity over Winter Break. They were invited to play at an ISU women's basketball game on January 30. "It was much more fun playing at ISU," freshman **Nathan Paskach** said. "It was definitely a different experience," said senior and four-year pep band veteran **Charles Forney**. "It was a lot more structured and organized than playing at Ames High. Mr. Ewan got to have a microphone to coordinate with the ISU people for constant music, whether it was recorded or us." His favorite pep band memory has been "playing the tuba. Well, technically sousaphone, but everyone gets it wrong." Paskach, a trumpet player, has also enjoyed the playing aspect of pep band. "My favorite part has been playing shortened versions of songs very loudly and very quickly," he stated. Performing in Hilton Coliseum gave other fun experiences besides playing, including a ride in a large elevator involving a large chunk of the band and a myriad of selfies.



Sophomore Ben Breshears and junior Justin Schoppe



Freshman Garrett Cooper





Senior Kevin Maxwell



Senior Reed Boman



## HOCKEY

The Ames hockey team is in the middle of their season, and has been working hard at practices and even harder at their games. Senior **Grant Koehler** says his favorite part about being on the team is making new friends, but he hates losing games. "Don't take anything for granted because you never know when you might be playing your last shift," Koehler said.



## EAGLE SCOUT CEREMONY

Seniors **Eric Baldrige** and **Charles Forney** became Eagle Scouts over break. In the left photo, Forney and Baldrige pose to celebrate their accomplishment. In the right photo, seniors **Travis Jergens**, **Aaron Lewis**, and **Joel Devick** support Baldrige at his Eagle Scout ceremony.

## WHAT WAS THE BEST PART OF YOUR WINTER BREAK?



SENIOR  
HOPE MILLS  
"I probably ate some good food?"



SOPHOMORE  
MAX DIBLASI  
"Skiing. Just skiing."



JUNIOR  
SETH JOHNSON  
"Sleeping and no trig"



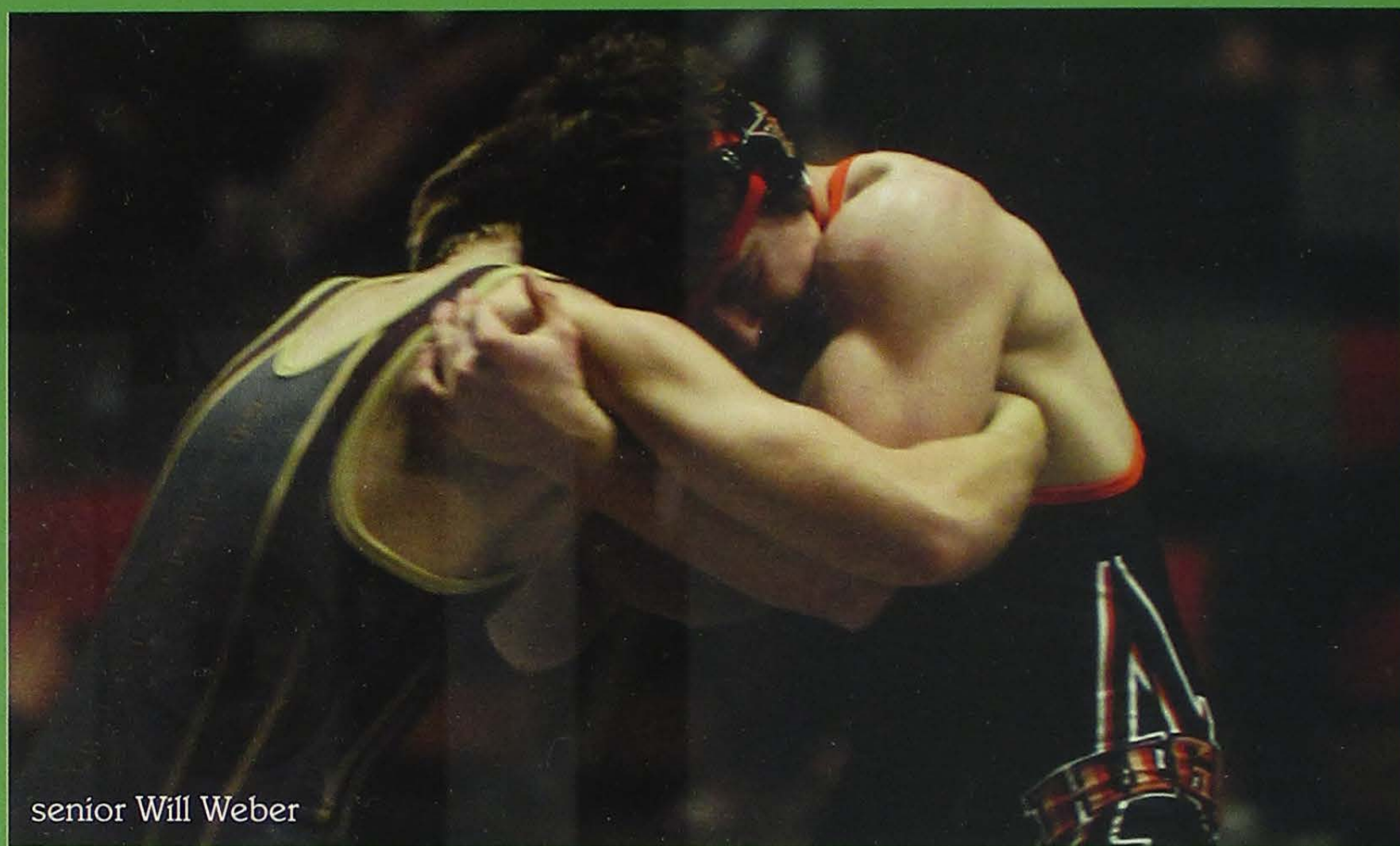
SENIOR  
AMBER HARATTA  
"Going to Louisiana and enjoying the warm weather"



# SENIOR WRESTLING NIGHT

JANUARY 4 - JANUARY 10

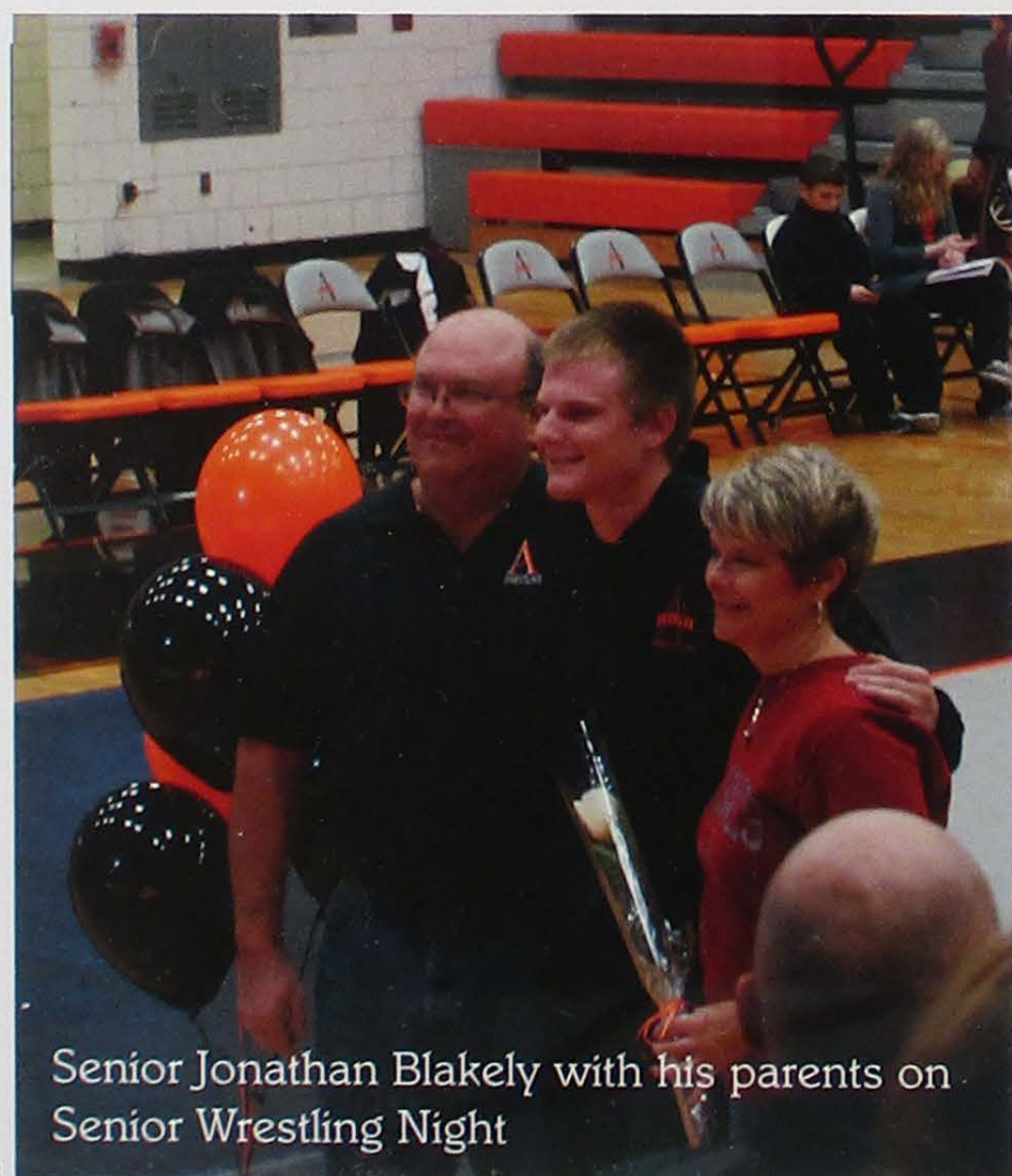
Coming toward the end of the season, Ames High wrestlers finished off with their last home meet. Seniors and their parents spent the night celebrating each of their seniors' accomplishments and goals for their future after all of the hard work and dedication they've given. The Ames High wrestlers had three home meets this week against Newton/Urbandale, Lincoln, and Mendenhall. This gave a chance for the students of Ames High to support the wrestling team during their season. Some of the athletes were preparing for the district and state competitions later in February, hoping to get to "the Well" [Wells Fargo Arena, where the state competitions is held]. "Hank Swalla has been a great leader this season. His drive motivated me to become a better wrestler. All of the seniors set such good example for the underclassmen in everything they did," sophomore Marcus Coleman said. Coleman made it to state last year, an accomplishment he hopes to repeat and build upon this year.



senior Will Weber



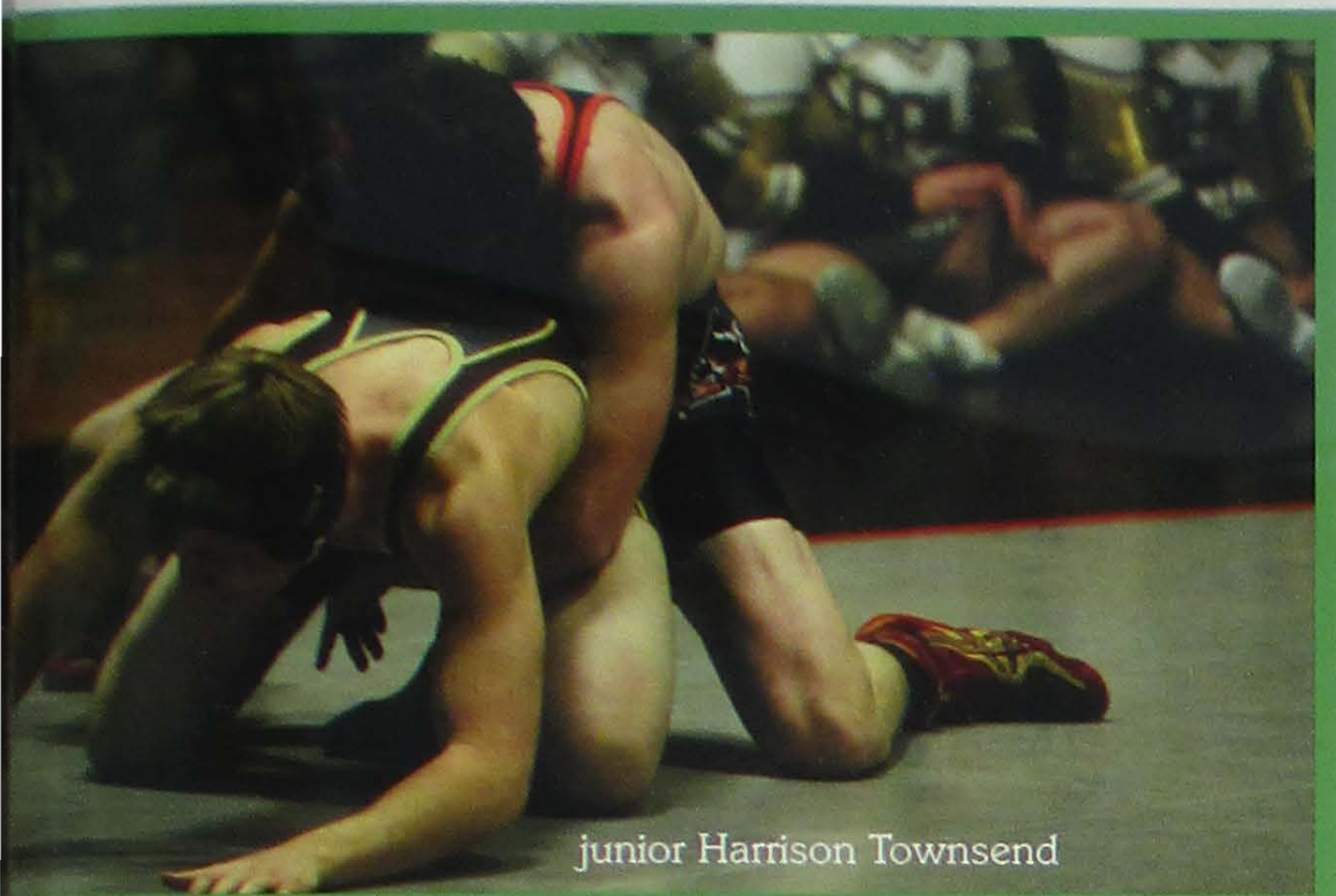
senior Hank Swalla



Senior Jonathan Blakely with his parents on Senior Wrestling Night







junior Harrison Townsend



Sophomores **Nicole Kelly** and **Tala Salti** take advantage of the giant pile of snow in the school parking lot during a break. To clear the parking lot for cars, maintenance staff scoops the snow into a huge mound in the middle of the circle drop-off points. There was plenty of snow to move this year!



senior Alex Albin



Above and right: Students perform in the SCIBA (South Central Iowa Bandmaster's Association) Honor Band, as part of a distinguished group of musicians from South and Central Iowa. It is both an honor and a lot of work to be involved with this event, but Ames High was well represented this year.



senior Stephanie Shin



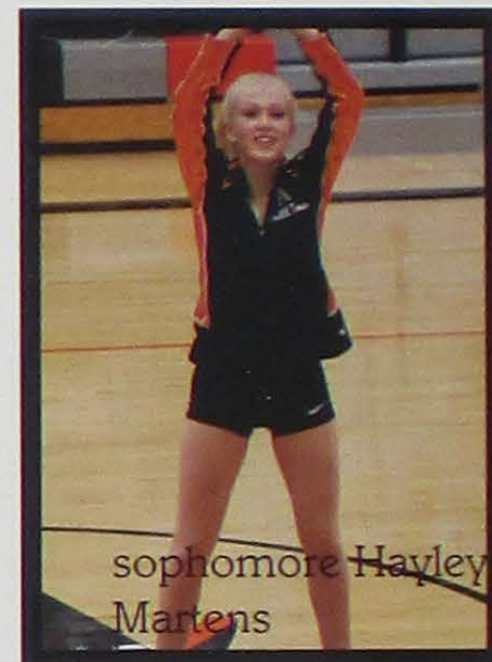
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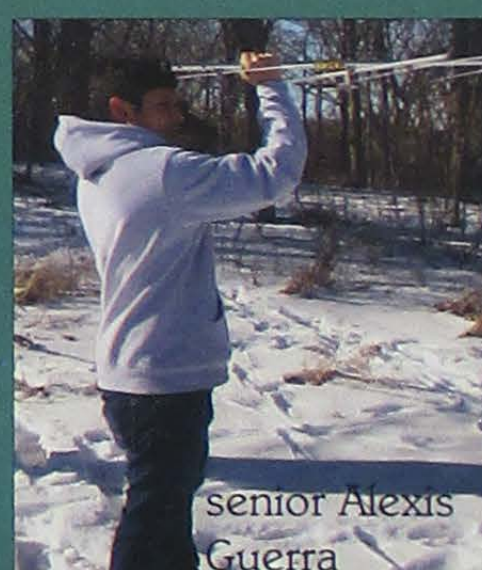
Coach Downs and the varsity Boys Basketball team



Varsity Girls Basketball team



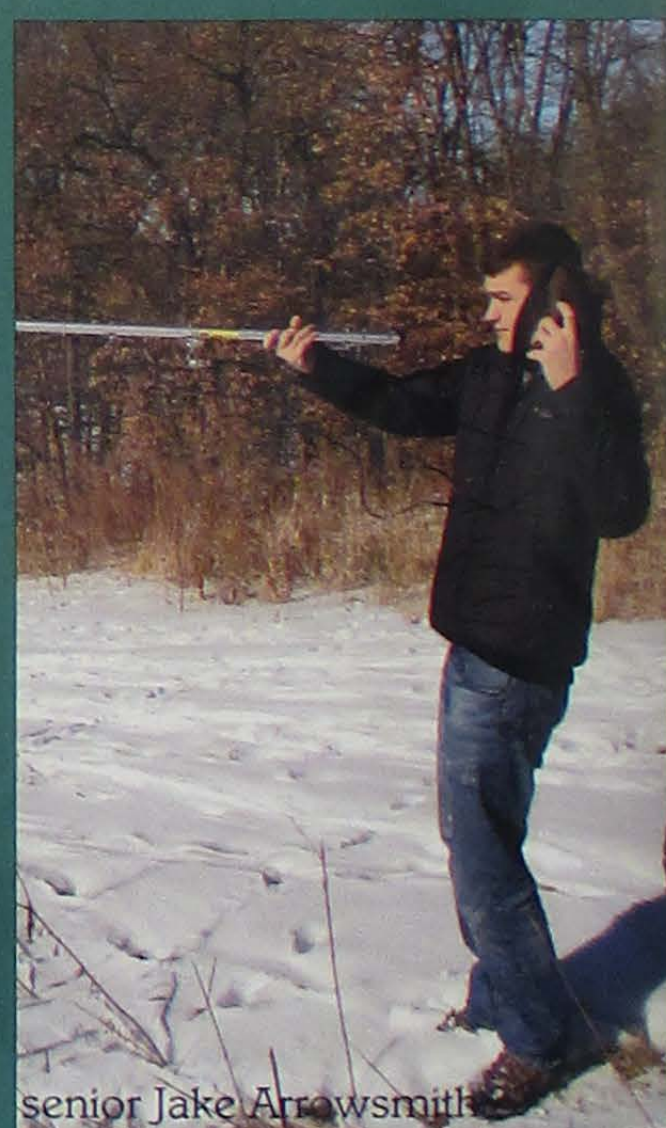
sophomore Hayley Martens



Senior Alexis Guerra

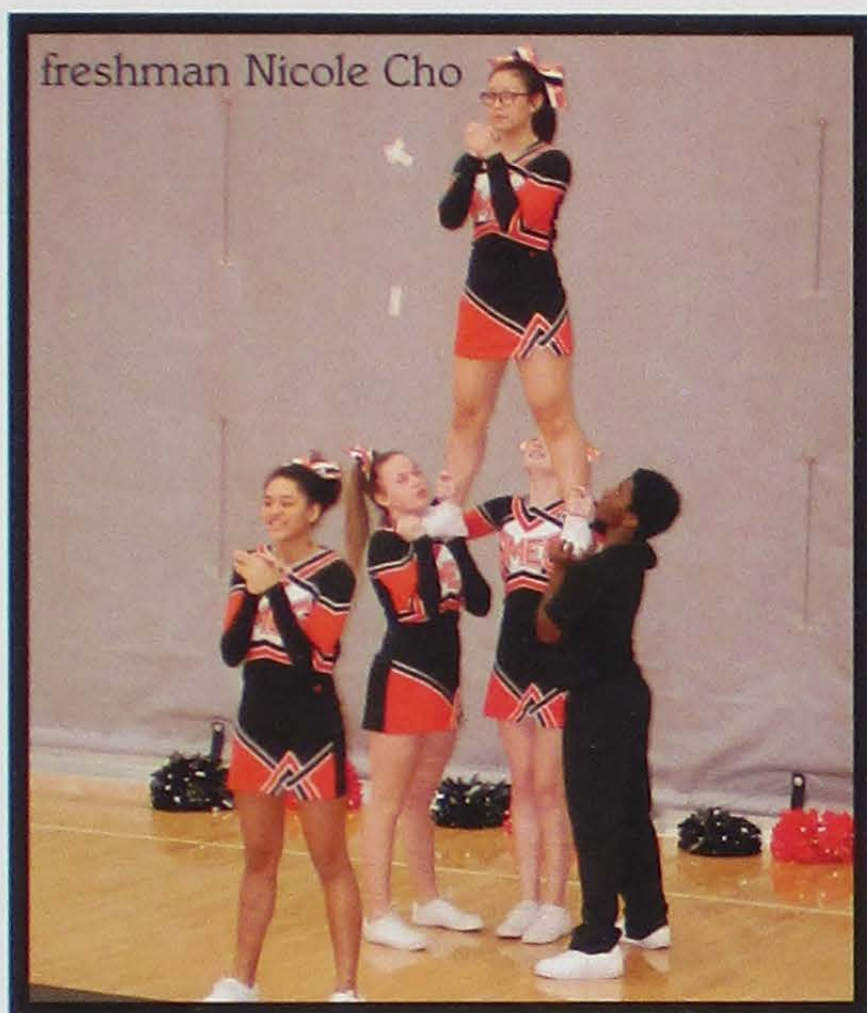
## ENVIRONMENTAL SCIENCE

To shake up the regular environmental science schedule, Mr. Todd invites an Iowa State environmentalist to visit one of his class periods to teach the students about locating snakes' hibernaculums during the winter. The snakes that they were searching for had a locator attached, making it easier for students to find them. Senior **Jake Arrowsmith** commented on how much he learned and hopes to do something similar in the future years. If you are ever searching for an environmental science class, always be sure to check outside.



senior Jake Arrowsmith





# HOOPS & CHEERS

JANUARY 11 - JANUARY 17

Ames High gets through the cold winter temperatures with the Friday night basketball games. There is basketball, cheerleading, and Ames High Drill team performs a dance during halftime. Senior **Abby Dieter**, part of the drill team, commented: "Drill team is more of a family rather than a team. We spend so much time together that we end up getting really close." Not only do they perform during halftime shows, but at various competitions during the year as well.

The Varsity Boys Basketball team played against Johnston on Friday, January 16. The game was extremely close through both halves, but the Little Cyclones came up short, 47-46.

One of the most entertaining parts of the night is the pep band. Students who are part of pep band may dress up and help bring the noise to the gym. Students occasionally dress up in silly costumes, which just shows how much fun they have playing music together and firing up the crowd.

## AMES HIGH PEP BAND

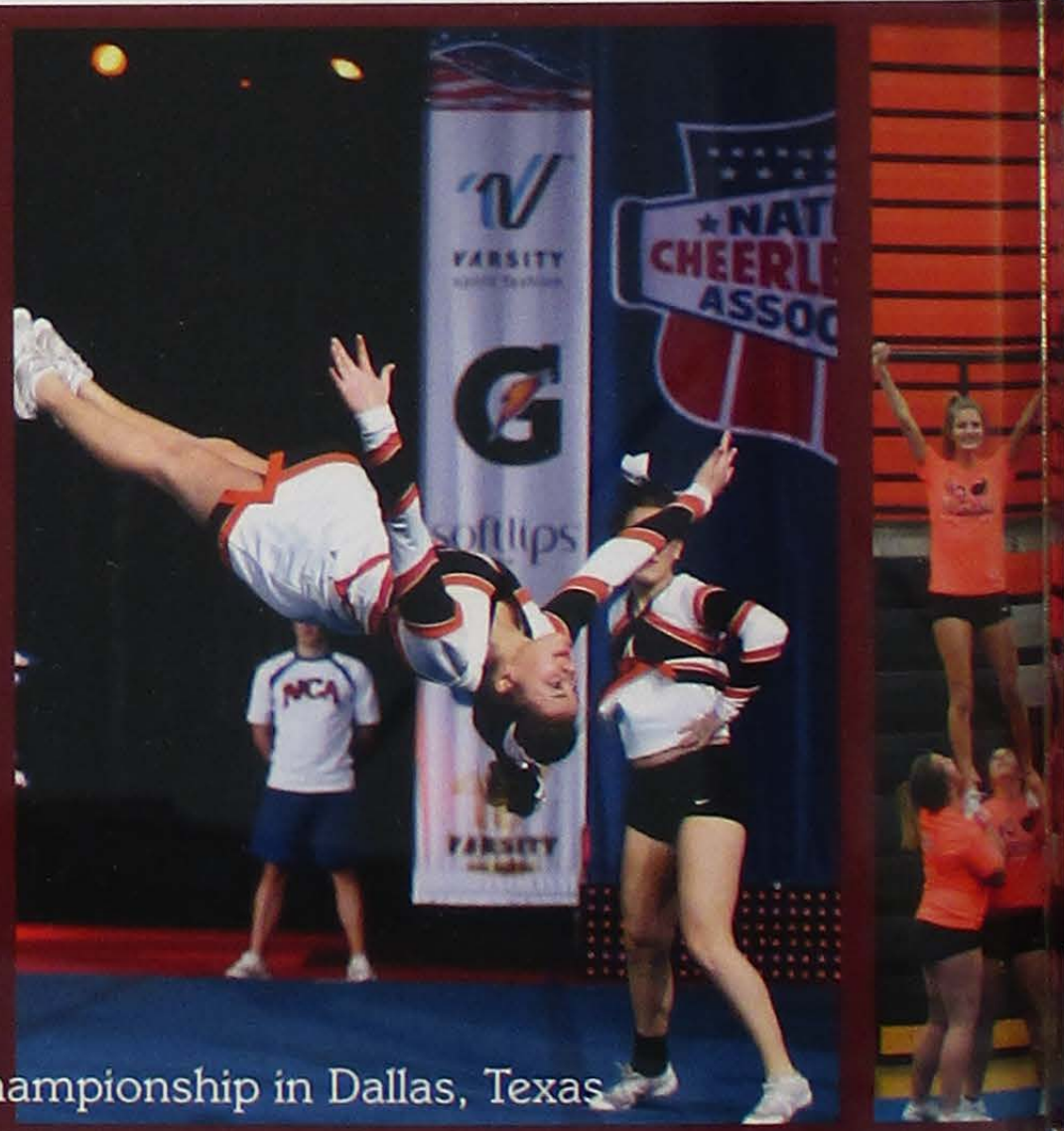
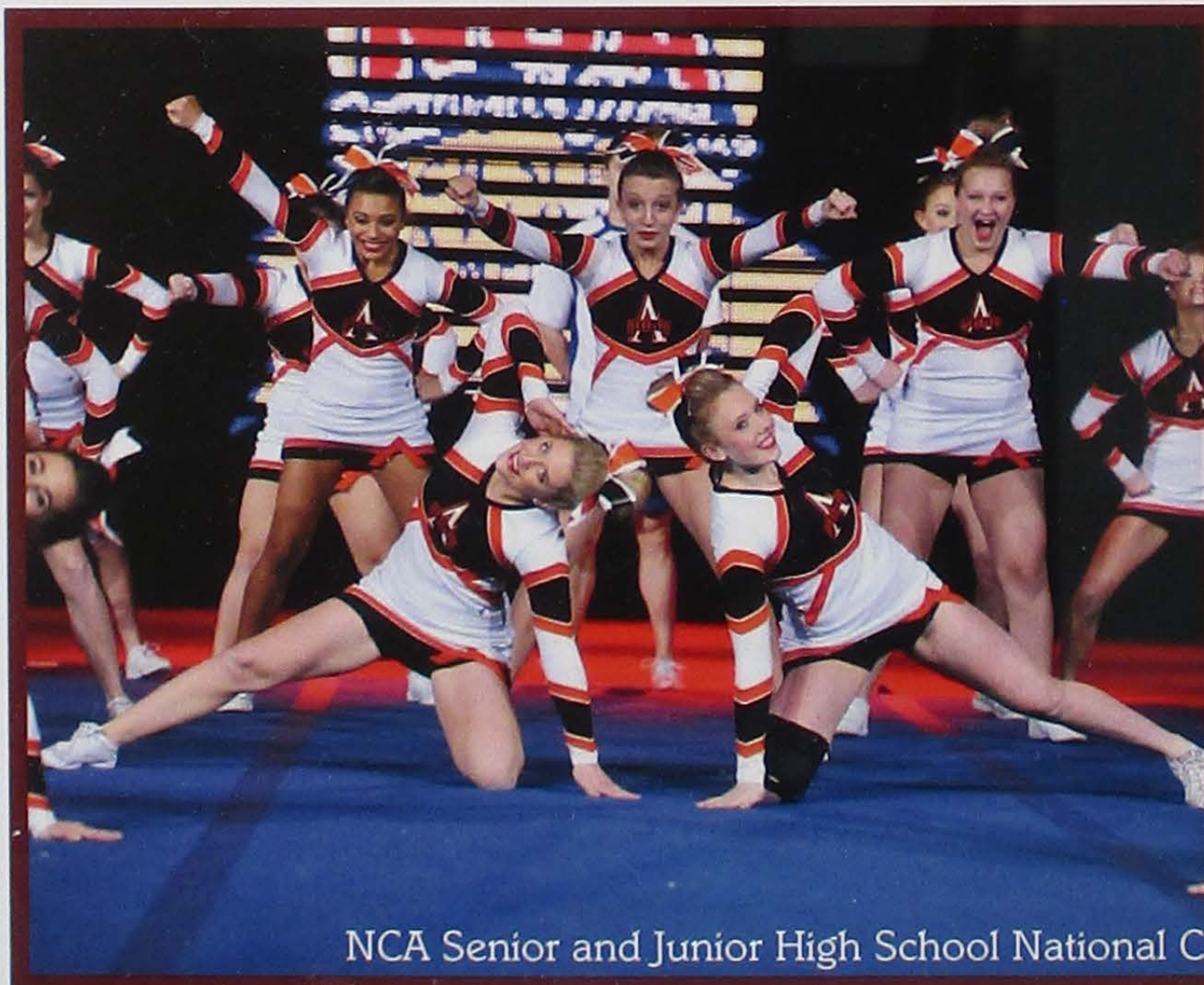




# exp(re)s



Freshman Chloe Barry



NCA Senior and Junior High School National Championship in Dallas, Texas



# ORCHESTRA CONCERT

JANUARY 18 - JANUARY 24

The orchestra concert was an event many students and their families attended this week. Preparation for an orchestra concert takes a long time. The orchestra students practice daily, working hard everyday. In the spring, the orchestra prepares for the solo ensemble contest, which seems to be a good experience for all of them. Sophomore violinist **Rosita Lowe** says her favorite song to play was "Pirates of the Caribbean" because it's very full of energy, and she has wanted to play it since fifth grade.

The orchestra also participated in the Young People's Concert this week. All of the 4th grade students from the Ames elementary schools came to AHS for a concert by the orchestra and symphonic band to teach the students about opportunities in music as they get older.



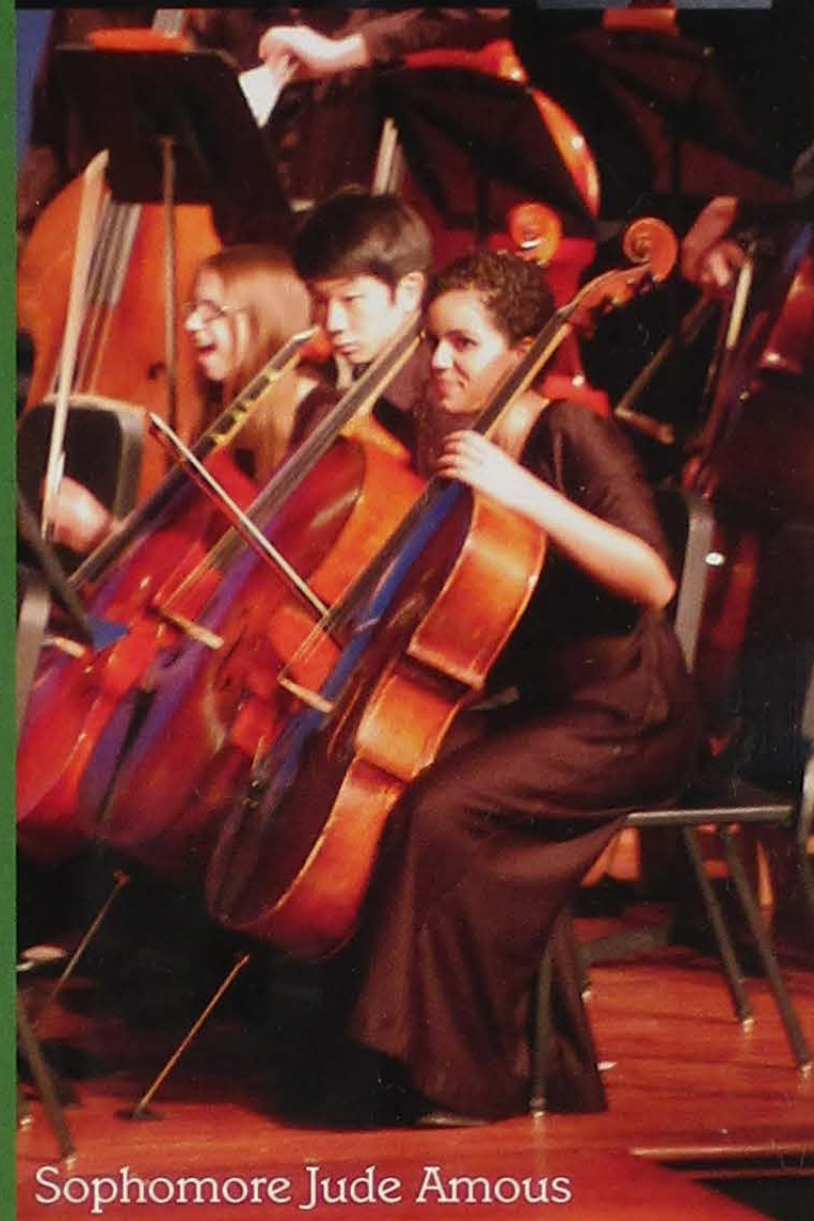
Senior Stephanie Shin



Sophomore Marcus Reecy and junior Justin Schoppe



Sophomores Taylor Monroe, Katelyn Moore, Rosita Lowe, Kim Stammer, and Anthony Tang



Sophomore Jude Amous



Cheer Showcase in Ames

## NATIONAL CHEER COMPETITION

This was a big week for the fall cheer team. After beating 22 other teams to become Iowa's 4A Large Group State Champions for an unprecedented second year in a row, the AHS squad then traveled to Dallas, Texas for the National Cheerleaders Association Senior and Junior High School National Championship. Before leaving, they did a showcase of their Nationals routine for a captivated audience of supporters. Senior **Ellie Lemer** said, "The greatest moment of being a state cheerleader is when my team and I are on the mat at state, we finish our routine, the music stops and our fans go absolutely crazy. This year was probably my most emotional year yet." Senior **Savannah Farner** said: "This year was really great. It was so cool seeing the team come together, build unity, and work for a common goal. I couldn't be more proud of the team and how hard everyone pushed to achieve our end goal, which was winning state and we did!"



sophomore Anna Rood



junior Haley Melby



## QUIZ BOWL JANUARY 23 - JANUARY 31

Mondays after school, a group of dedicated students come together to compete in problem solving and trivia questions in order to prepare for weekend tournaments.

Two teams of four students play against each other using buzzers to indicate they have an answer. A "toss-up" prompt is read to the participants, which is a paragraph that progressively gives more information to lead to the answer as it is read.

At any point during the reading, any of the four players on each team can buzz in and answer. The earlier they are able to buzz in and guess correctly, the more points are awarded. For incorrect answers, the team loses five points. There are usually 24 rounds during each competition.

Some Quiz Bowl members also enjoy intramural trivia by participating in the popular iQuiz competitions held during lunch breaks.



sophomore Caleb Devick



seniors Nina VanDerZanden and Ken Prell

## GARDEN CLUB

Every Tuesday and Friday after school, Garden Club meets to work in the garden and to learn firsthand about the earth. President **Max Eness** plans out the activities that the students be doing that day. Even during the cold Winter months, the group continues to work hard to grow the sustaniable garden.

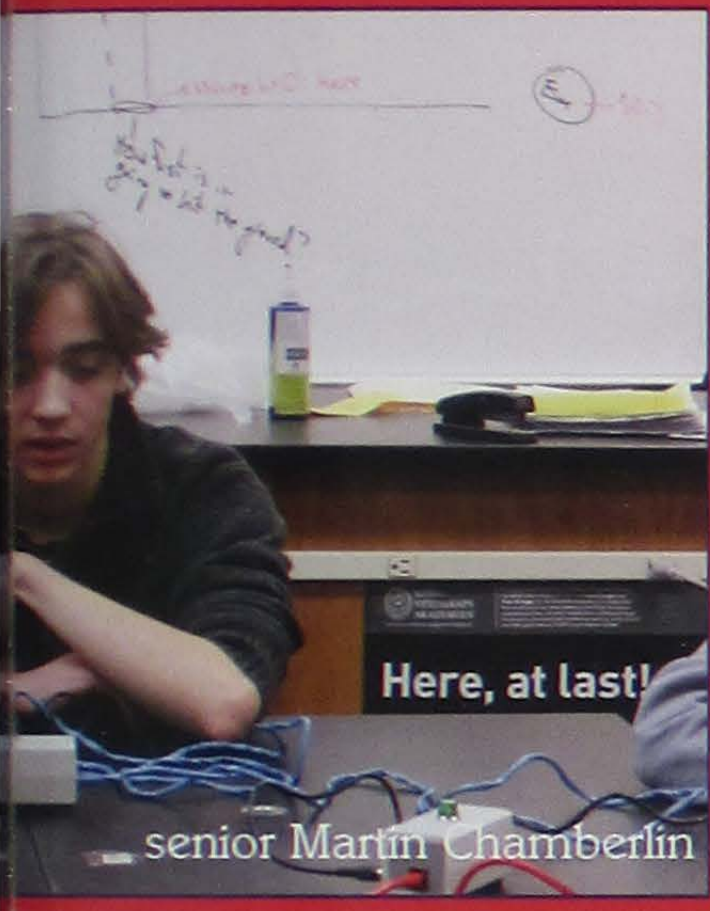
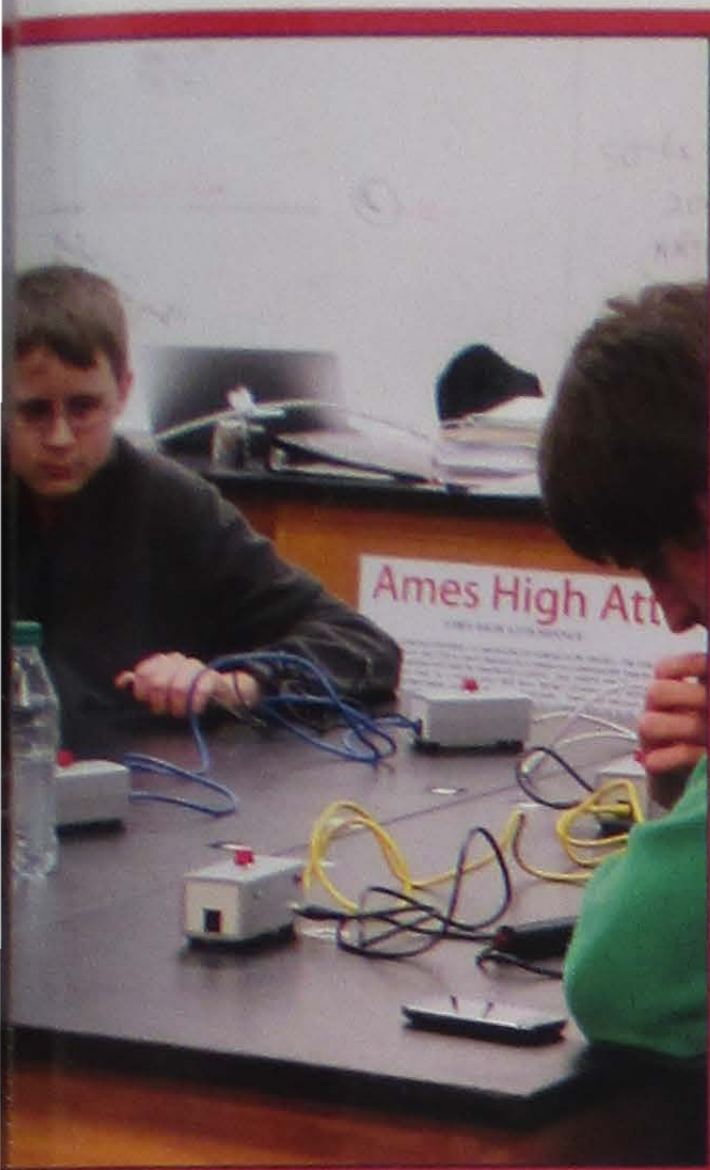
Left to right: juniors Jack Heikens, Max Eness, and Mattie Kupfer, sophomore Nash Masinde, juniors Yushi Hattori, Lena Menefe-Cook, and Kenzie Putz, seniors Elyse Warrick and Zoe Pritchard, juniors Daniel Andreotti, Michelle Hu, Ben Sulzberger, and senior Ania Chamberlin



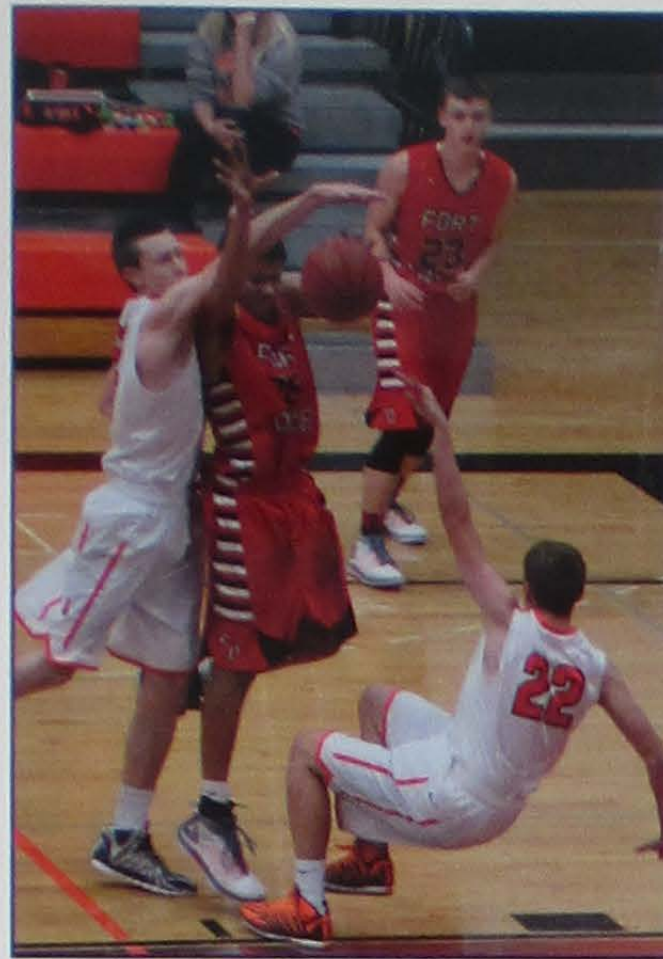


# AMES HIGH VS. FORT DODGE

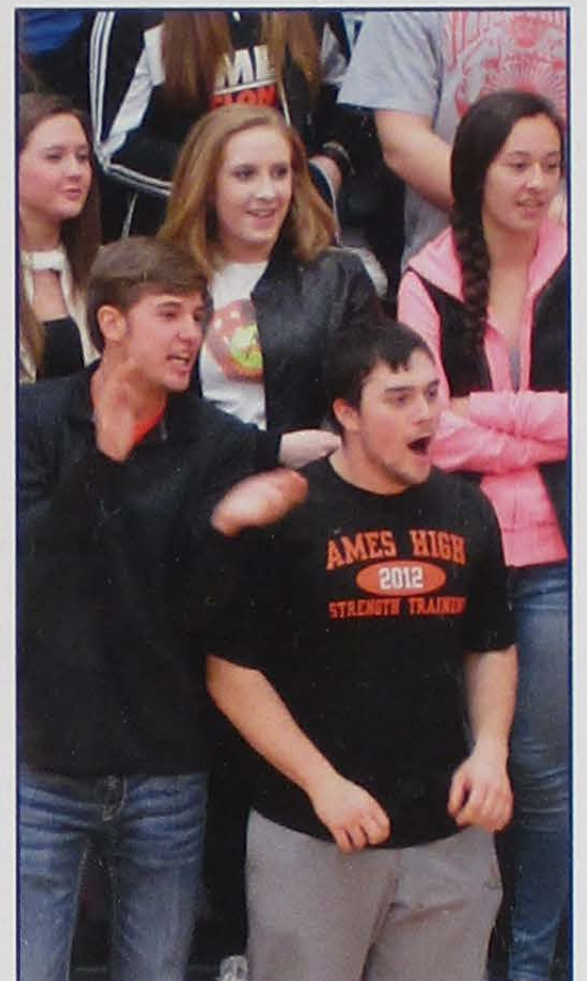
With the season continuing at a strong pace, the varsity boys won 51-48 against Fort Dodge High School. The student section was filled with screaming fans supporting the basketball team. Even the pep band brought their best spirit and played their instruments loudly. This night was very memorable for the seniors who had a very limited number of home basketball games remaining in their high school career. While adding this win to this season, the Ames High student body is ready to cheer on for the next game of the season. The boys are trying to build momentum to earn a berth back at the state tournament. The legacy of Ames High basketball appears to be in good hands.



senior Martin Chamberlin



Mr. Ryan Smith



## I(BALL) IT UP

For the students who prefer not to be a part of the official athletics program, Ames High offers a club "iBall" for students of all basketball abilities to compete. All students are split between girls and boys to form teams. Each team creates a name that they will carry on their t-shirts to compete against other teams every Wednesday night. Every team is made up of 8 - 15 players, allowing for ample subs. At the end of the season, there are four winning teams: girls underclassmen, girls upperclassmen, boys underclassmen, and boys upperclassmen. Each winning team member receives a widely coveted "iBall Champion" t-shirt.



senior Aljohn Davis



# AMES HIGH MUSICAL: ONCE UPON A MATTRESS

FEBRUARY 1 - FEBRUARY 7

Ames High is extremely gifted with talented people, and it was all on display during this year's musical production of Once Upon a Mattress. This musical is an unconventional fairy tale spin-off from the familiar Princess and the Pea tale. It's the story of breaking out of traditional roles and the comedic persistence that comes with the pursuit of love.

A show this good doesn't come without a lot of hard work, though. They practiced at 6:45 in the morning and again after school everyday. That's a huge commitment and sacrifice, but they clearly enjoy what they are doing.

"I loved being a part of the musical this year. But what surprised me most about Once Upon a Mattress was how a more developed relationship with my co-stars benefited our characters. It's one thing to be bold, and another entirely to be fearless," said junior Jill Zmolek.

As Jill said, it is not only about the characters you play but about the relationships you make. This is true not just of drama, but of all the activities of Ames High.



seniors Anna Ogilvie, Alexa Cross, Eli Bratsch-Prince, and Andie Newell

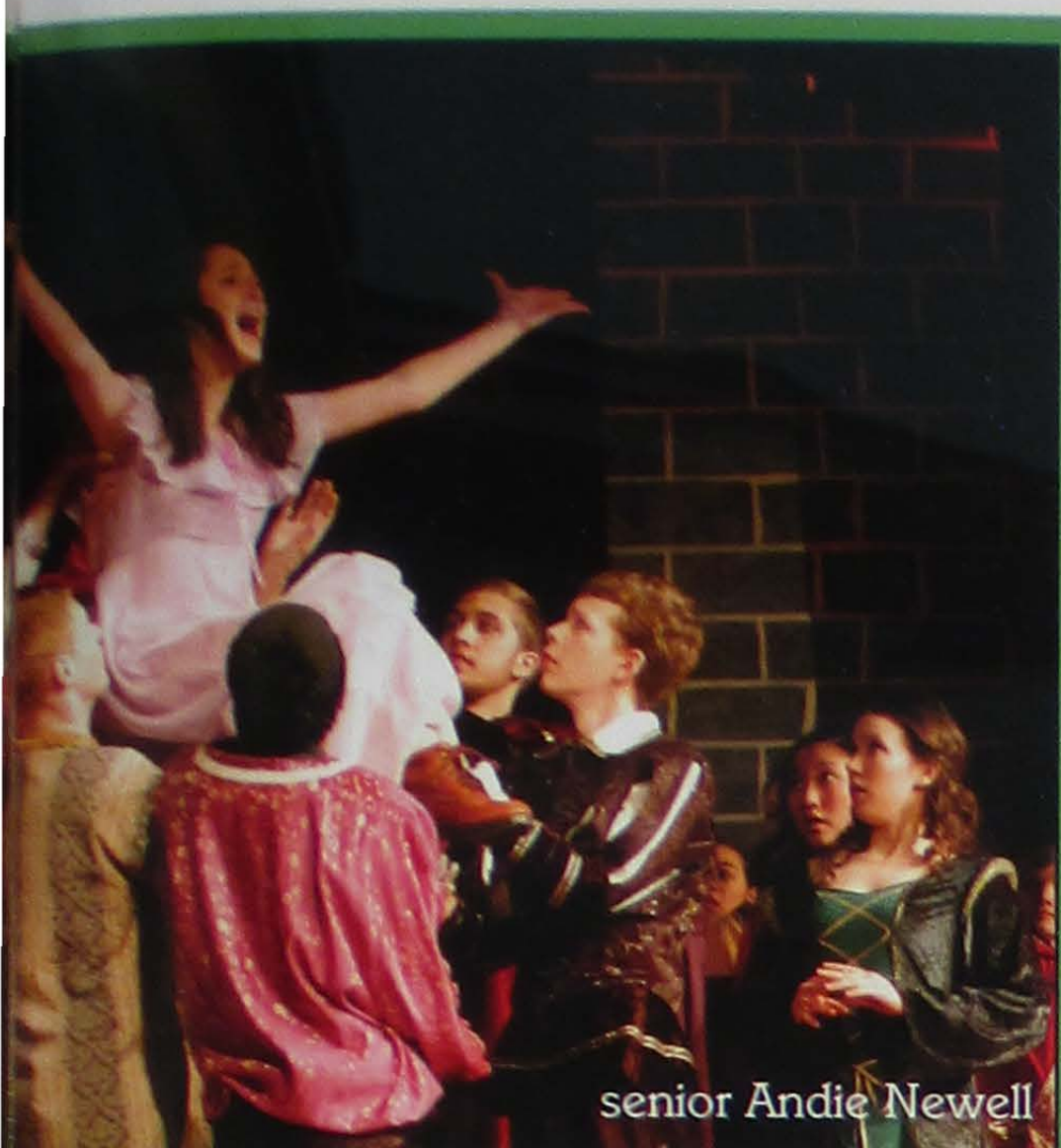


AHS  
CHEER  
STATE  
CHAMPS

Ames High has one of the best cheer teams in the state. Coached by Sarah Buss, this hard working group of student athletes achieved success once again by putting in extra hours in and out of practices to make sure their routine was perfect. These girls came into it with a goal to win, and they proudly hung their state champ picture on the wall to show they did it!



# RICE AND BEAN LUNCH



senior Andie Newell



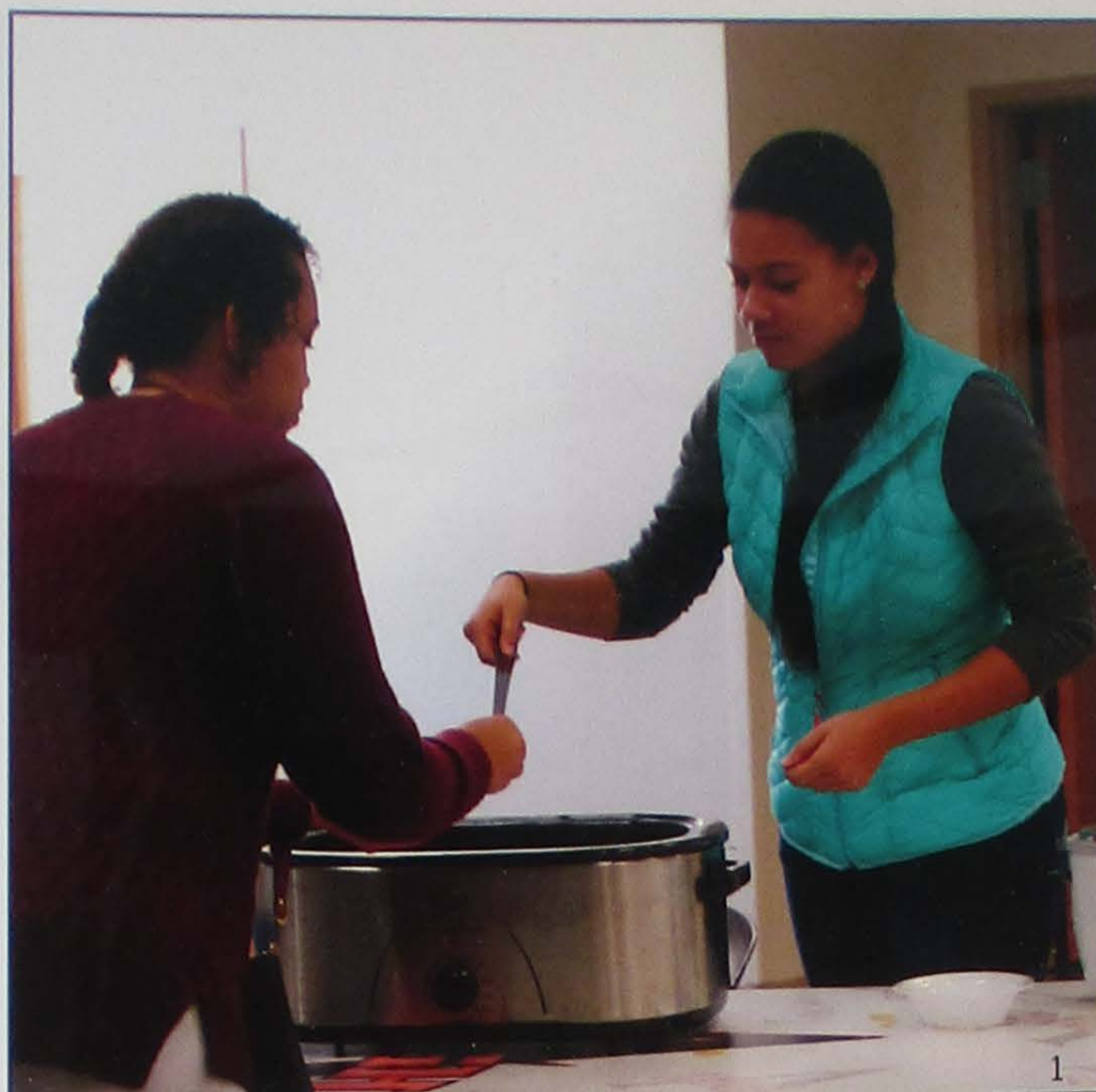
seniors Kira Marcott and Will Franke



junior Jill Zmolek



senior Will Franke, junior Robbie Kroeschell



1



2



Students involved with SHEPH work hard to put together the annual Rice & Bean Lunch. The lunch's purpose is to show the Ames High student body how little food some people around the world receive everyday. The meal consists of only rice (prepared by the students) and beans with various vegetables (prepared by Mr. Mooney).

Senior **Phaedra Lipsey** (1) serves rice and beans to senior **Shaniah Smith**, while senior **Isaac Neppel** (2) serves junior **Ryan Smith**.

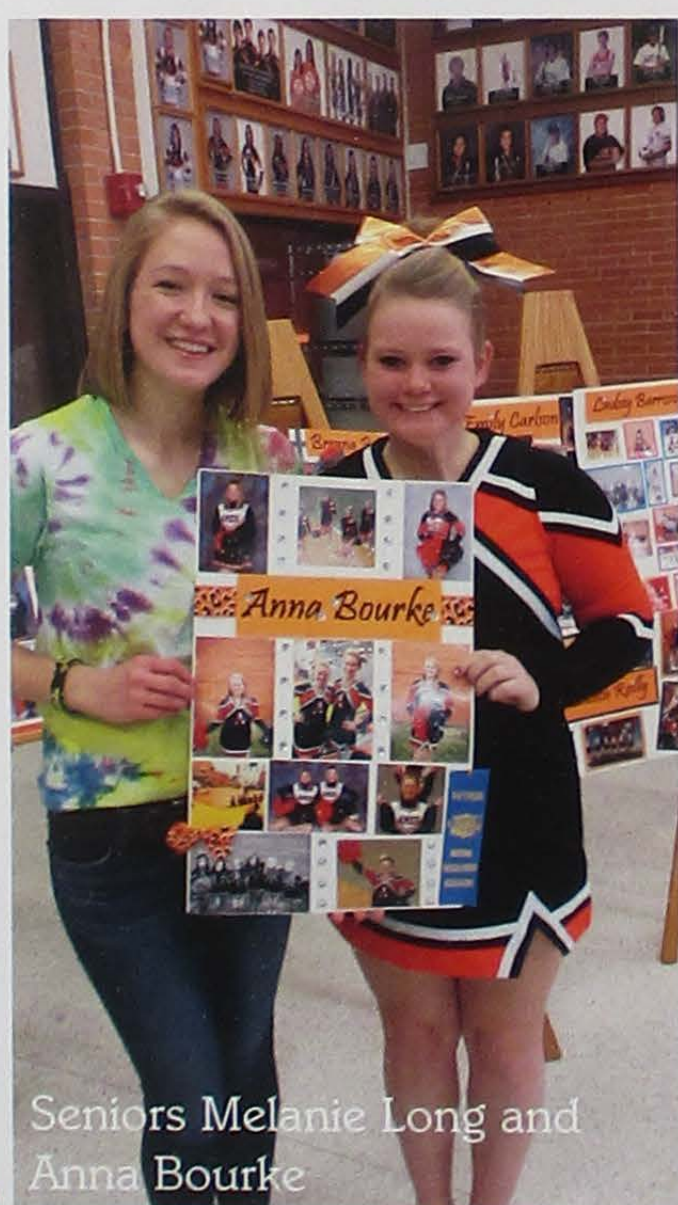


Left: Big things happened for the Ames High Garden Club this week. Copresidents senior **Ania Chamberlin** and junior **Max Eness** were invited to KHOI radio to explain what's happening with Garden Club and their plans for the rest of the year.

Right: **Mr. Todd**, junior **Yushi Hattori**, senior **Zoe Pritchard**, sophomore **Paulina Lavrova**, and junior **Max Eness** attend an environmental conference.



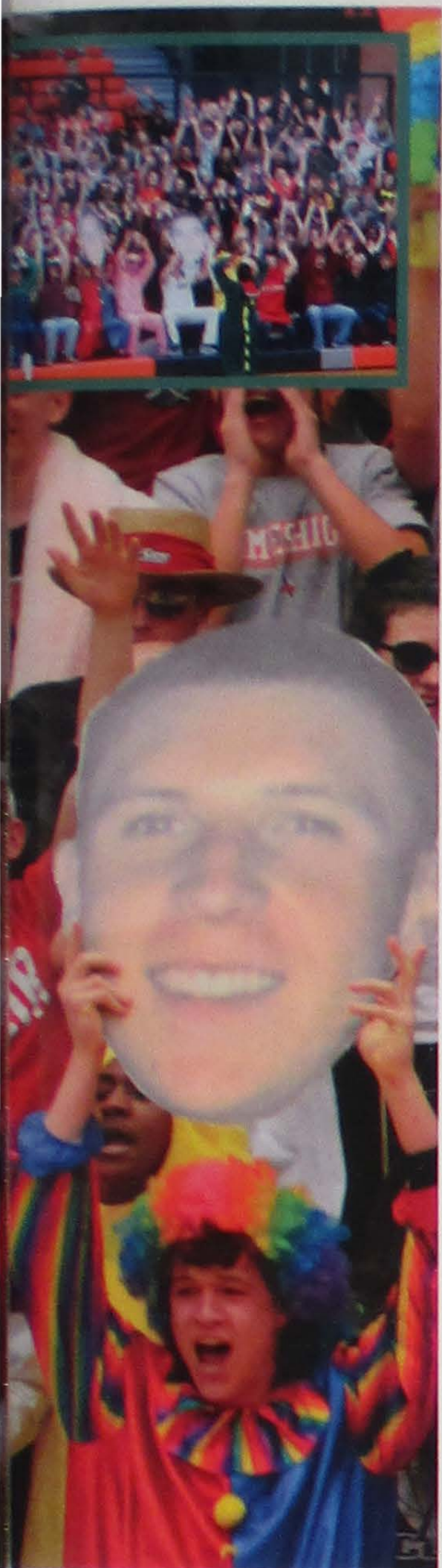
# (re)cap



Seniors Melanie Long and Anna Bourke







# SENIOR NIGHT

BOYS AND GIRLS BASKETBALL ~ WINTER CHEER ~ PEP BAND

FEBRUARY 8 - FEBRUARY 14

In the midst of an otherwise uneventful winter week came an event whose legacy has come to strike fear into the hearts of every other school in the CIML: MEGA BOWL! Mega Bowl is another of Principal Evans' brainchilds, a larger-than-life celebration of what it means to an Ames High Little Cyclone.

"I wanted something that would pump some life into the school in the doldrums of winter. I wanted to build community, to build pride. Basically, it's just an excuse to let our hair down a little and to let our boys and girls basketball teams feel some love," Principal Evans said. "It's turned into an annual event that everyone looks forward to. I couldn't be more proud."

Senior Night also means more playing time for seniors who might not normally start. "I love seeing the my boys like Bichs [senior Isaac Bichel] mix it up out there," senior Matt Flummerfelt said. "This one of my favorite nights. When the student section gets going, nothing's better."

What made it even sweeter was that both teams pulled off impressive wins in front of the crazed crowd.



Girls basketball seniors Molly Sanders and Hannah Mumm

While many of the thrills come from the players, the energy and focus comes from the pep band and cheer leaders. "Some nights we feel like [the pep band] is expending more energy than we're creating. That's definitely not the case on this night, though," senior Olivia VanWeelden said. "I think the cheerleaders feel the same way. There's so much energy coming from the student section, it's almost like we're just coming along for the ride."

Senior Cheerleader Serena Paulson concurs. "Best night ever. Seriously. It's so much fun, you can almost forget it's winter out there!"



Junior Emily Frisk



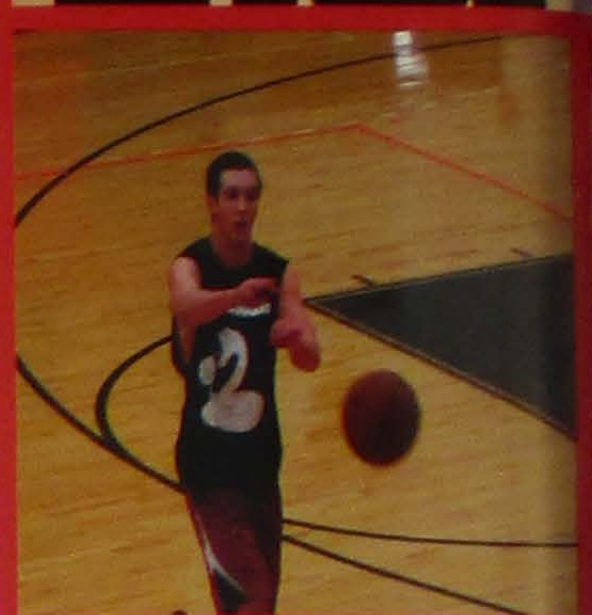
Senior Isaac Bichel



Junior Micheal Agbaje



# Out(re)ach



## iBALL

FEBRUARY 15 - FEBRUARY 21

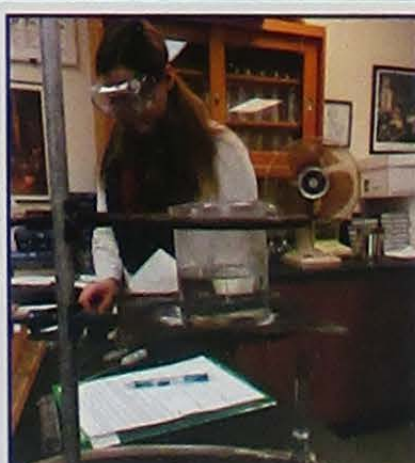
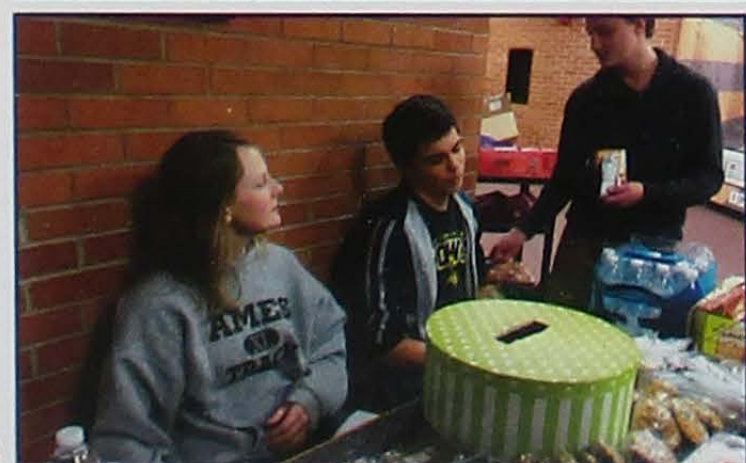
For those who love basketball but didn't make the school team, iBall is the perfect option. Teams are split between boys and girls, upperclassmen and underclassmen. Players form into teams of about 15 participants as they compete toward the finals. The champions win a T-shirt in either orange or black emblazoned with the phrase "iBall Champions," which is one of the most sought-after shirts in the school. iBall is neither a club nor a sport, but rather in its own category as an extracurricular activity. As such, it's as much about having fun as it is about winning, keeping it fun for those whose love of sports has been squashed by competitive organized sports.



Juniors Maddie Kouba and Kerry Strum

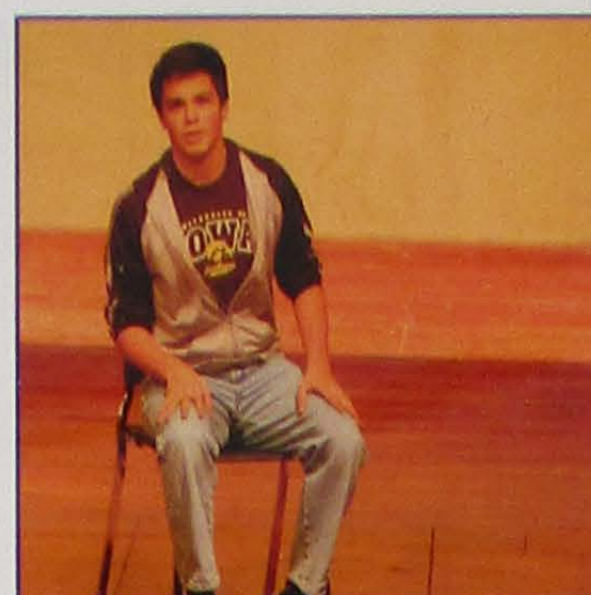


1. Seniors **Josh Engelken** and **Colby Hansen** represent the student section during the Winter assembly to motivate the student body to help cheer on the basketball teams.
2. **Coach Schmaltz** presents his plans for the Girls Track season to the team.
3. Sophomore **Carly Watson**, **Rachel Junck**, **Nicole Kelly**, juniors **Isaiah Riker**, **Madeleine Bretey**, and **Justin Wigdahl** qualified for All-State Speech.
4. Seniors **Carissa Roberts** and freshmen **Seth Henschen** and **Tyler Nord** take donations for Speech Club during the showcase.
5. Senior **Kim Hem** works on her chemistry lab.





# SPEECH



The Ames High Drama department show their talents and all of their hard work to their families and student peers for the first time.

1 / 3. Sophomore Brett Stone, senior **Mykah Kennedy**, juniors **Molly Bagnall**, **Joey Bingham**, and **Ali Sandler** performed their large group one act.

2. Freshman **Seth Henschen** performs his individual improv act.



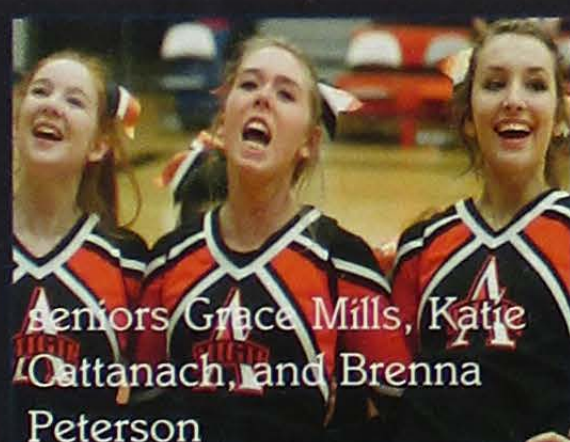
senior Forrest Oh



Along with other Winter Sports in their current season, the Hockey team is successful in their games no matter who they compete against. Ames plays two games at home Waterloo and Des Moines Oak Leafs with close losses. Seniors play their hardest and best during their last few games of the season.



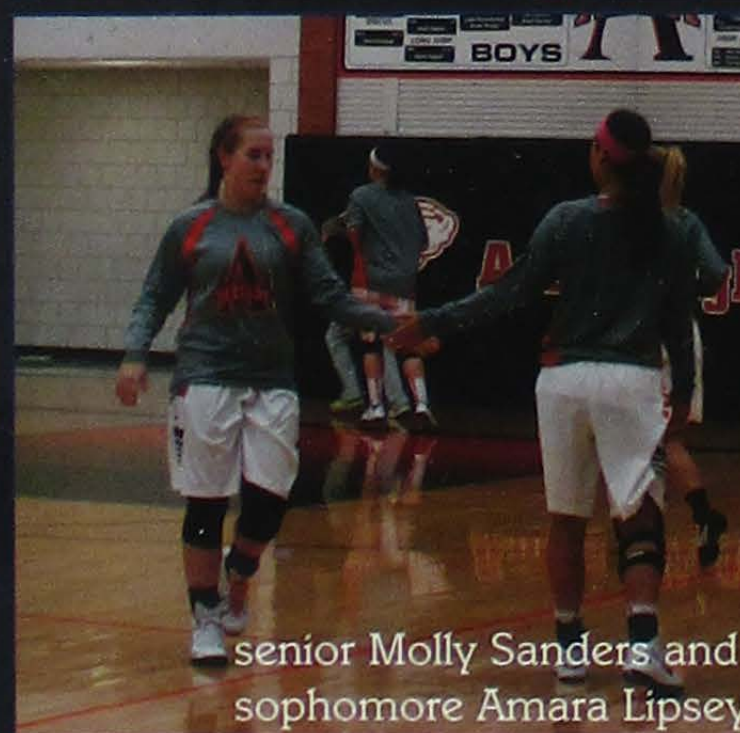
junior Michael Frankl



seniors Grace Mills, Katie Cattanach, and Brenna Peterson



seniors Ahmed Atroon, Colby Hansen, Josh Engelken, and junior Harrison Woodruff



senior Molly Sanders and sophomore Amara Lipsey

## AHS BASKETBALL

The excitement at Ames High comes from the boys and girls basketball teams along with the Winter Cheerleaders leading the student section with cheers. The Boys Basketball team plays against Roosevelt winning 52 - 23, while the Girls Basketball team plays against Ankeny winning 54 - 37.



(re)lease

## BLOOD DRIVE FEBRUARY 22-FEBRUARY 28

Twice a year, students selflessly donate blood for those in need. This event is sponsored by Senior Senate and the LifeServe Blood Center. During the week, Senior Senate is in charge of recruiting and signing up students. On February 27th, members of Senior Senate arrive to school early to start setting up in the balcony. When students start arriving for their appointments, they are taken back to have a checkup done to make sure they are healthy enough to donate. Once they pass, students are taken back to the donation chair. After they are done donating, students sit in the canteen for 10 minutes to eat a snack and drink orange juice before returning to class. Senior Senate plays a big role in making sure this event runs smoothly by setting up, tearing down, and making sure students feel well after donating.

Out of the 96 people who signed up, 35 people were first time donors. Although only 73 units of blood were collected, these 73 units can save up to 216 lives! Junior **Yushi Hattori** said, "I wanted to do the blood drive because I know that there are people who need blood because of medical reasons in order to survive. And if you are wondering if you should donate blood in the future, Hattori says, "Bring a phone or something. Also don't be nervous! There isn't anything dangerous about donating blood."



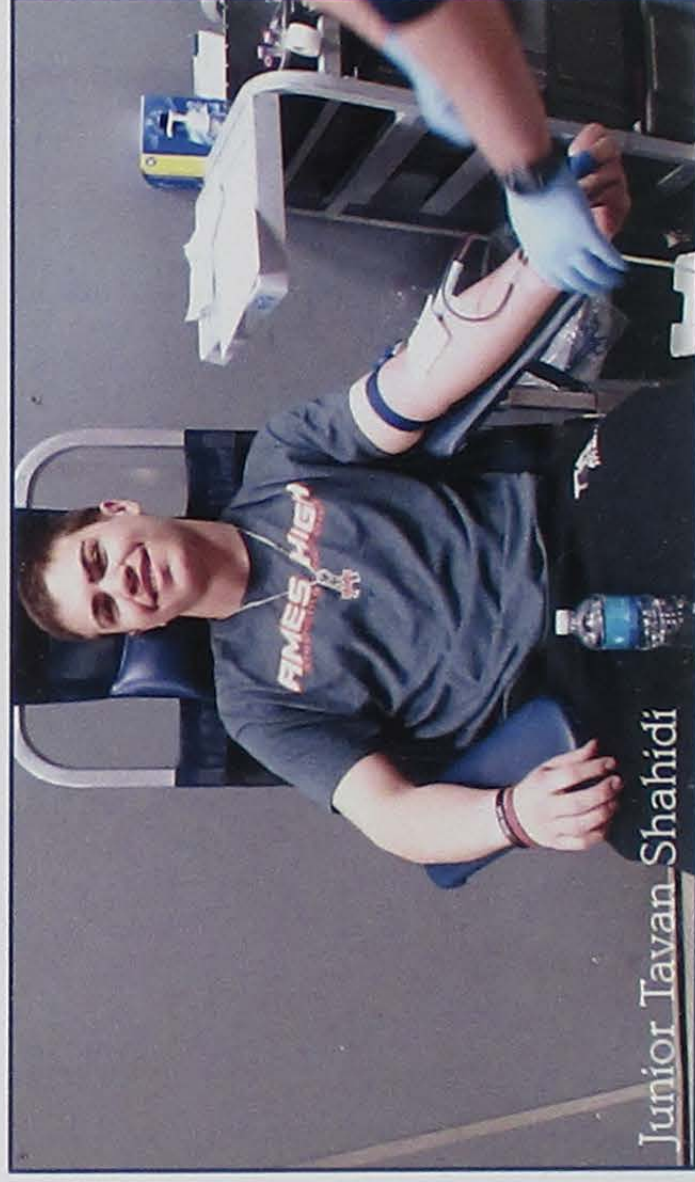
Junior Yushi Hattori



Seniors Kristen Frueh and Aleeza Mian



Junior Sam Rietz



Junior Tavan Shahidi

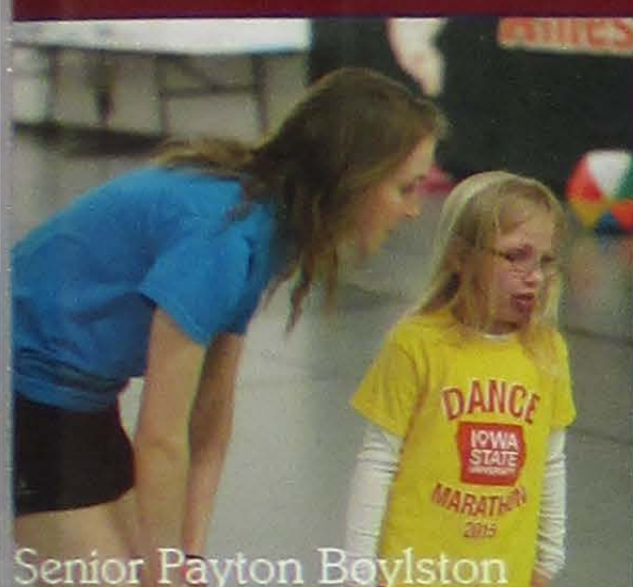


Junior Mitchell Heyveld



# DANCE MARATHON

After fundraising for most of the school year, Seniors **Payton Boylston**, **Anna Ogilvie**, and **Hannah Mumm** finally watched their dream become a reality of hosting Dance Marathon. Students celebrated raising \$10,539.39 with dancing and games. Two Ames High families and others from the community came to share how Dance Marathon has helped them. **Anna Ogilvie** said, "I'm getting down to give back because everyone deserves a chance to dance in their kitchen at home." The money all went to University of Iowa's Children's Hospital.



Senior Payton Boylston



Seniors Hannah Mumm and Anna Ogilvie



# MUCH ADO ABOUT NOTHING

A STORY THEATER COMPANY PRODUCTION  
FEATURING AMES HIGH'S FINEST ACTORS



Juniors Ben Sulzberger and Mattie Kupfer







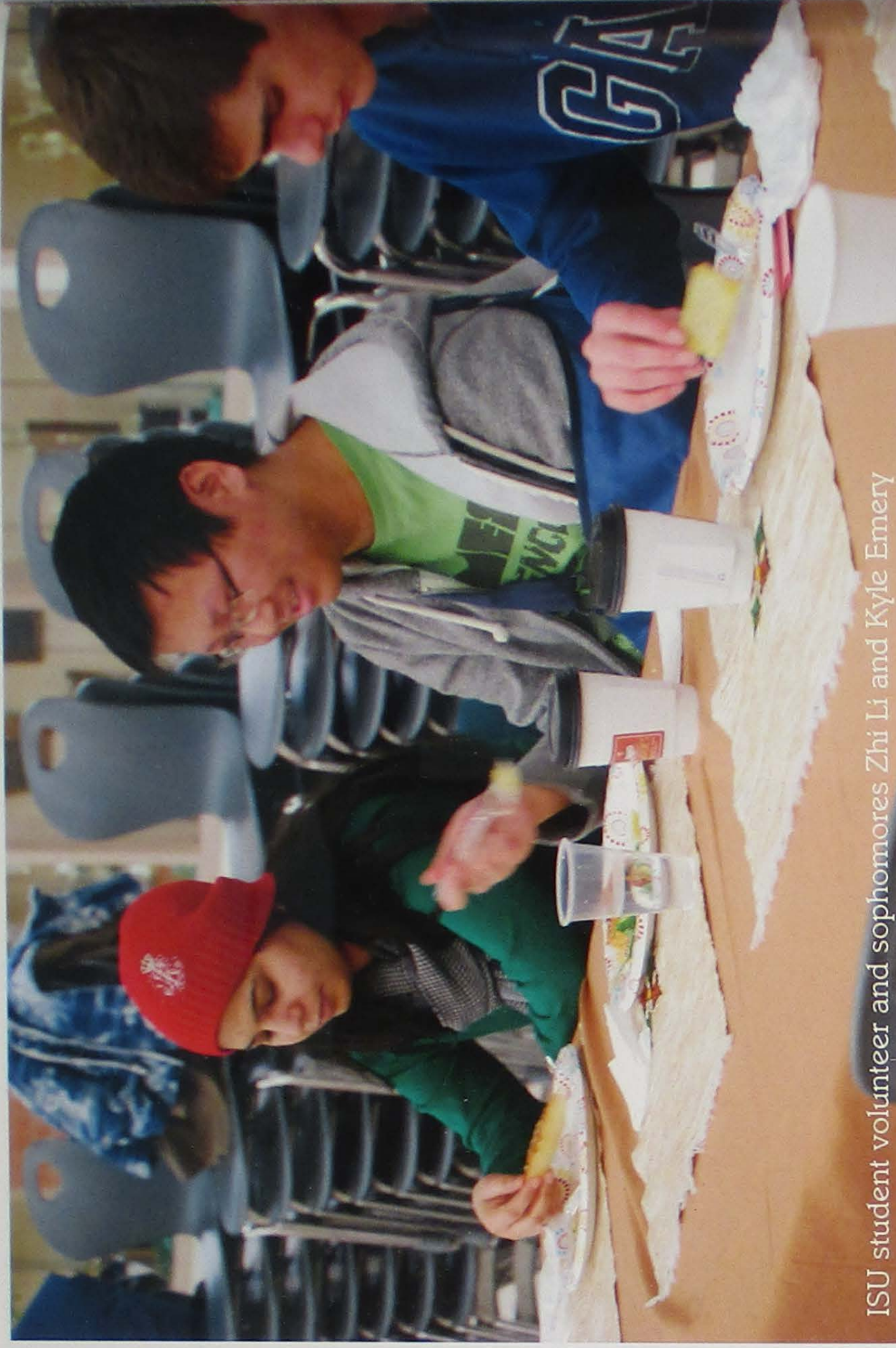
# SPRING







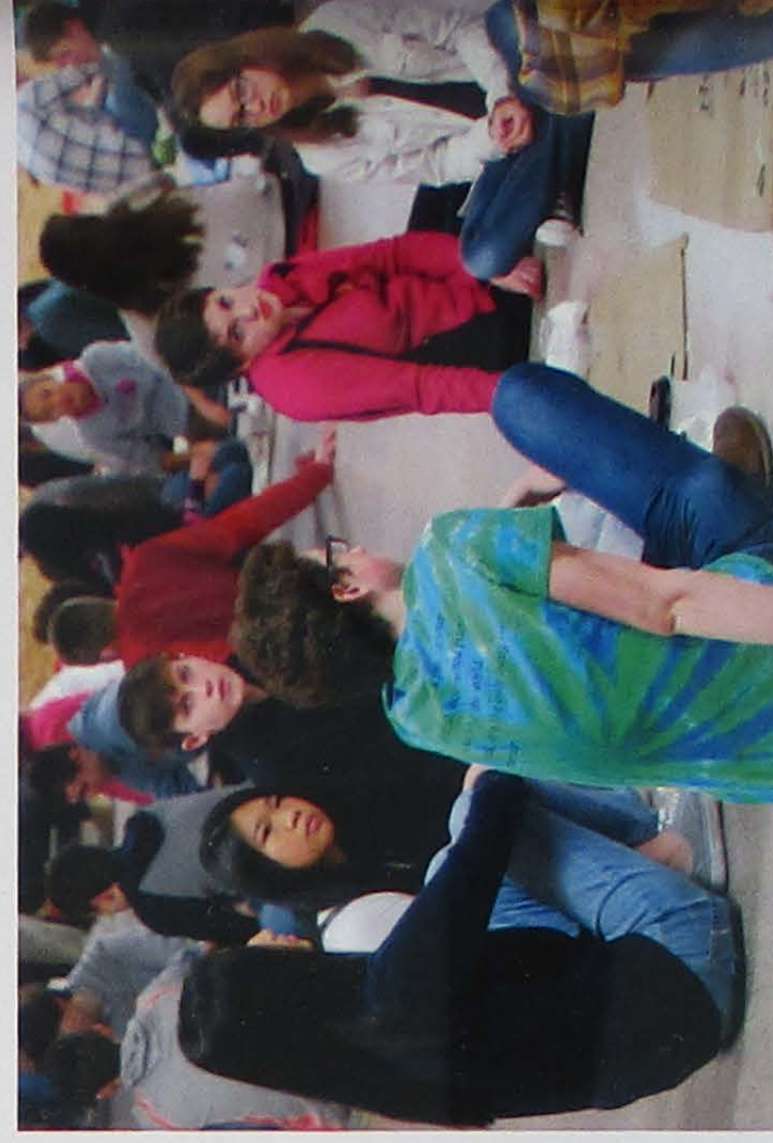
# Out(re)ach



ISU student volunteer and sophomores Zhi Li and Kyle Emery

## SHEPH HUNGER BANQUET MARCH 1- MARCH 8

From 6:00 pm on March 6th to 6:00 pm on March 7th, SHEPH members fasted to experience hunger firsthand and raise money for their club. They broke their fast with a bowl of rice at SHEPH's annual Hunger Banquet. The goal of the Hunger Banquet is to get people to experience what hunger feels like so that students can work to eliminate it. The Hunger Banquet's set up reflects the distribution of wealth in the world. The upper class is 15% of people and is served a full meal at a large table. The middle class represents 35% of the world's population; they sit on chairs, and they receive a spoon and a bowl of rice and beans. The lower class, the majority of the people, sit on the floor and get one bowl of rice that they eat with their hands. Along with the simulation, there are speakers who speak about poverty and hunger in the world. By getting a small taste of these problems and learning about the issues in the world, students can better work towards eliminating these problems. This year, SHEPH's Hunger Banquet and fasting raised over \$2000, which will aid local homeless shelters.







freshmen Nathan Paskach and Isak Werner-Anderson



sophomores Matt Kerton and Justin Swenson



juniors Angela Fes and Alvin Tan



## WINTER BAND CONCERT



Junior Aaron Mann

## SOLO-ENSEMBLE CONTEST



juniors Braeden Weyhrich, Dagney Paskach, and Emily Rehmann



junior Claire Dupuis



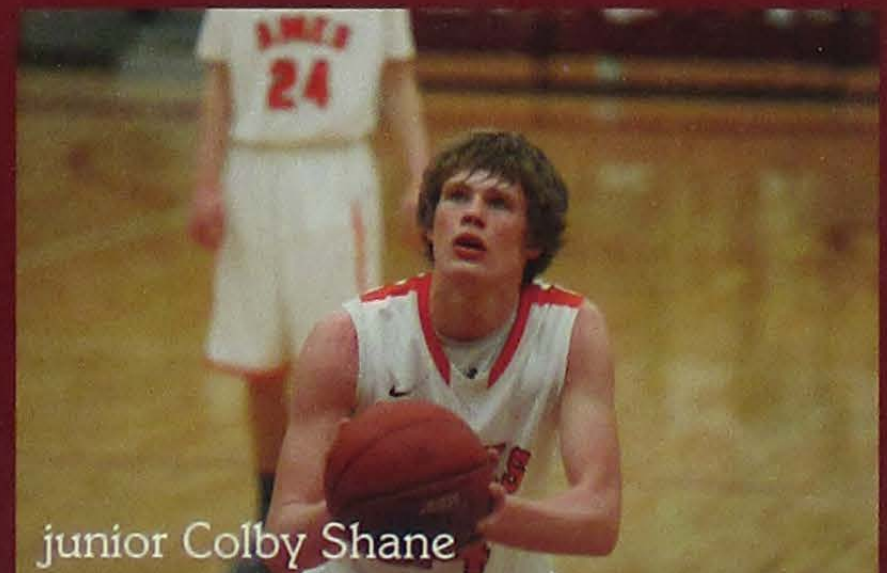
senior Veronica Fisher

## DISTRICT CHAMPS

The boys basketball team traveled to Dowling this week for game that, if they won, would qualify them for the state tournament. The team had lost twice to Dowling this season, but that didn't stop them from playing their hardest against the Maroons. In a close game, AHS defeated Dowling, earning themselves a spot in the state tournament and the title of District Champions.



senior Javan White



junior Colby Shane



# GATSBY, GATSBY, GATSBY

MARCH 8 - MARCH 14

"Where's Gatsby?" was the phrase of the week celebrating the novel *The Great Gatsby* by F. Scott Fitzgerald. While it used to be read the junior year, in the 2013-14 school year, the book shifted to sophomore year. For the past four years, the Ames High English department has put on the event for the entire class, which has now turned into a tradition. The party gives students a chance to experience the infamous parties of Jay Gatsby. There are bouncers, dancers, a live band, gambling, Model A cars, and much more. Seniors are able to apply for particular positions to help the Gatsby party run thoroughly. This includes being the bouncers, shown below: (3) - **Ahmed Atroon, Michael Holtzbauer, Mr. Brekke, Cameron Madson, Anthony Mooney, Will Weber, Hank Swalla, Josh Engelken, Gage Eller, and Christian Sorrentino.** Other seniors helped out with the dancing: (7) - **Alexa Cross, Allie Mullen, and Stephanie Shin.** If the day was not great enough, photographer and AHS alum Dan McClanahan comes into the school to take pictures of the students throughout the day giving them photos they are able to enjoy for years to come: (1), (2), (4), (5), (6), (7). What makes the day fun is how everyone is active and involved in the event. No matter who you are in your class, everyone is able to enjoy the Gatsby party. Every year, the Gatsby Party seems to grow and improve. So freshmen, start collecting your party flappers, fedoras, pearls, and feathers! You have much to look forward to at your upcoming party in the spring.



## BAND TOUR 2K15

The Ames High band students left class as 12:30 PM on Friday before Spring Break to go on Band Tour. Students spent 30 hours on four separate buses all the way down to Florida to Disney World. Band tour is loved for its tradition of eating fast food, playing instruments, and exploring Disney World (and usually the Wizarding World of Harry Potter, as well).





1



2) sophomores Kelsey Adams, Maddie Funk, Megan Mehn, and Hannah Dietrich



5) sophomores Josie Stegman, Erin Prochaska, and Maggie Culhane



6) seniors Hank Swalla and Anthony Mooney



7

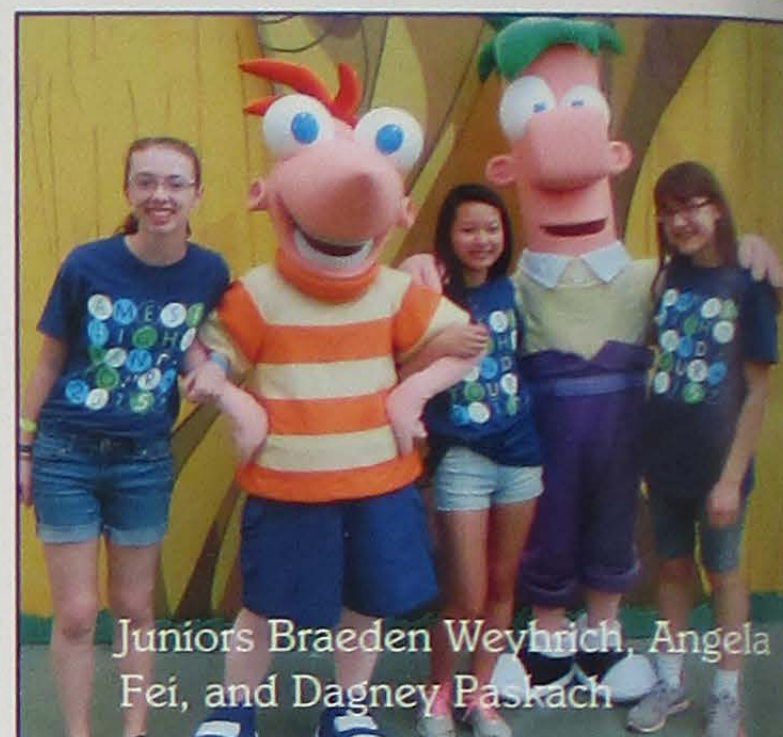


senior Sam Rathe



The only thing more exciting than Spring Break was the Ames High Basketball team! After the boys qualified for state during an exciting game against Dowling in Des Moines the previous week, the Ames boys had a hard loss. However, the boys played hard, fighting for every ball and making the most of every point. One of the greatest parts of the basketball season was the support from the school in the student section.





Juniors Braeden Weyhrich, Angela Fei, and Dagny Paskach



Seniors Olivia Van Weelden, Ella Bartlett, and Dakotah Alfree



freshmen Isak Warner-Anderson and Gabi Gianello

## BAND TOUR MARCH 15 - MARCH 21

Spring Break is a time for relaxing and going on memorable vacations. This year the band traveled down to Orlando, Florida. Leaving school on Friday, band members ride in busses for 30 hours until they reach the hotel. The next day, students spend some time at the beach before going to Epcot to watch the fireworks show. "My favorite part of the trip was going to the beach and jumping in the waves," senior **Dakotah Alfree** said. For some students, this was the first time they saw the ocean. The band also partakes in a clinic at backstage Disney and marching down Main Street at Magic Kingdom. When not doing band things, students spend time at the parks such as Universal Studios and Hollywood Studios. After spending days packed with activities, students spend the ride home mainly sleeping.



Seniors Ella Bartlett and Olivia Van Weelden

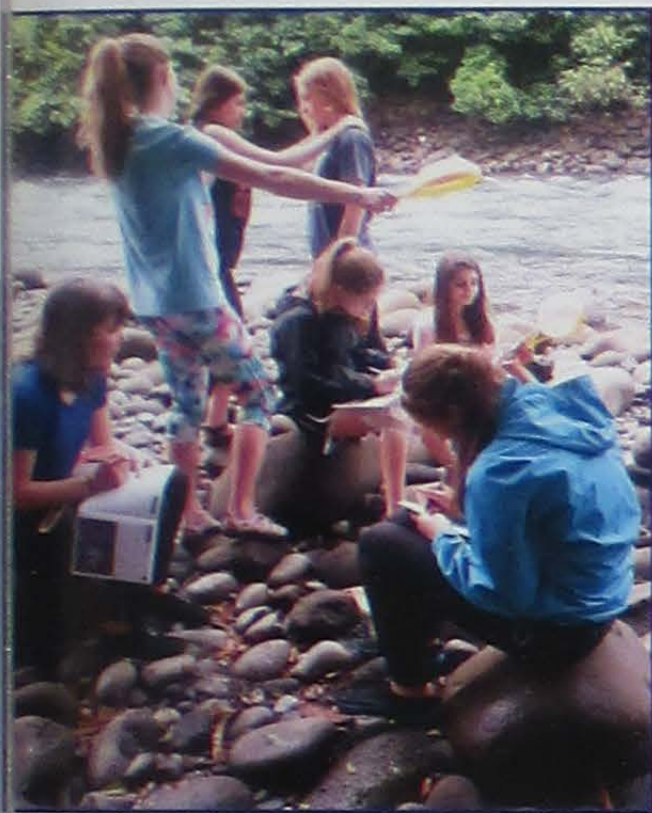


# COSTA RICA

Ames High students had a great opportunity to learn outside of the classroom during the 2015 spring break. A group of sophomore girls went to Costa Rica to learn science and to experience life there. Many of the learning opportunities were in fun and active ways, such as zip lining through a canopy, or taking a mud bath in volcanic clay. Another great opportunity that they had was to interact with the community. They could work on their Spanish and learn what life is like for them. Everyday they learned something new and had a fresh opportunity to explore and try things outside their comfort zone. While a lot of learning took place, they also had tons of fun and forged lasting memories and relationships. Each one of the girls came back saying, I'm home, but my heart is somewhere else.



sophomores Jane Joiner, Carlie Dellman, Katerlyn Moore



sophomores Tala Salta and Jane Joiner

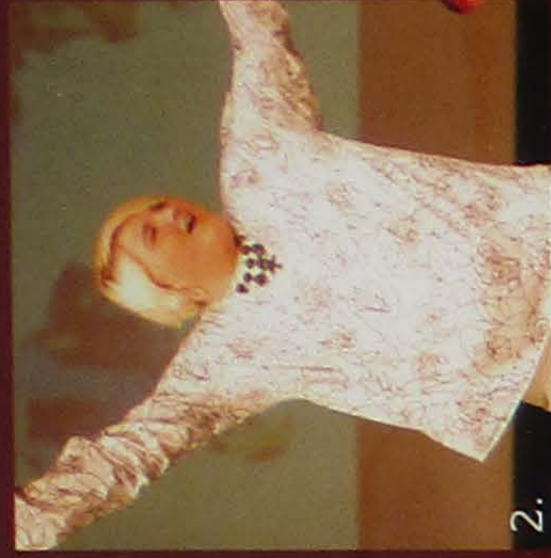




# Out(re)ach



1.



2.



3.



4.

## FASHION SHOW

MARCH 22-MARCH 28

Ames High students take pride in their fashion, and that's why the Ames High Fashion Show is such a big deal. Students of all grades come together to show off their creations during the show in April. Each year, the Fashion Show is kicked off with a meeting for designers to get them ready for the long road ahead.

Juggling school and after-school activities, the ambitious task of creating a wearable form of art is thrown into the mix. This year there were bubble wrap lines and dresses that symbolize the different seasons, and everything in between.

Overall, the Fashion Show had one of its best turnouts and the quality of clothing was at an all time high.



9.



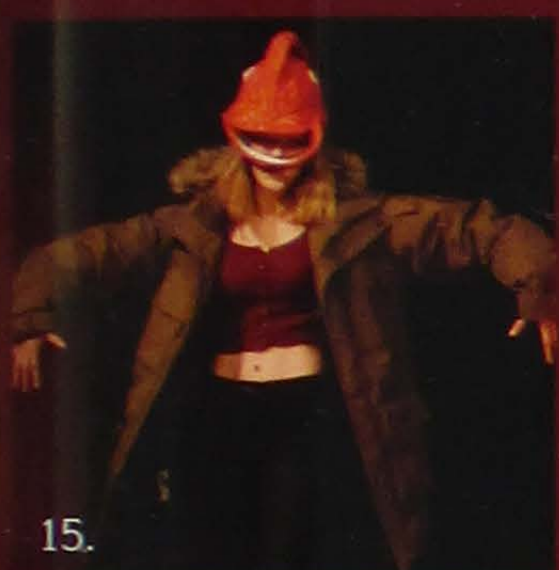
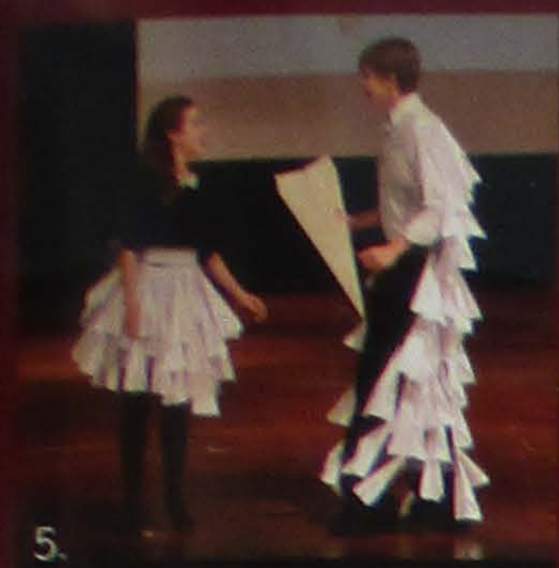
14.

## DRILL TEAM SPRING SHOW



The drill team show showed off their moves at their last spring show. This was a sad time for the seniors, as they performed their last dance. Sophomore Rachel Junc said what she will miss most is the seniors and the leadership they had with the team. A lot of memories have been made like progressive dinners and state competitions. Rachel said, "it was all a great bonding experience, which made it even harder to say goodbye." During the Spring Show they performed many dance routines that they had compiled throughout the year. A common favorite dance was a hip hop routine to the song "Grown Women" by Beyoncé. The drill team wowed the audience with their dances and look forward to their





1. Senior Co-Chairs Andie Newell and Zoe Pritchard 2. Freshman Alex Ostendorf 3. Sophomore Kyleigh Cowles 4. Senior Shay Calendine 5. Juniors Molly Bagnall and Ben Sulzberger 6. Freshman Thomas DeLay 7. Senior Anna Ogilvie 8. Sophomore Aria Lippolis 9. Senior Katy McCarville 10. Sophomore Maddy Spikes 11. Sophomore Maggie Hoffman 12. Senior Caroline Marnin 13. Freshman Isabel Ingram 14. Freshman Selaam Dollisso 15. Junior Mattie Kupfer 16. Junior Shelby Reeves 17. Senior Sarah Norvell 18. Junior Kerry Strum

## THESPIAN FILM FESTIVAL



Thespian juniors Ali Sandler and Olivia Leslie, seniors Mykah Kennedy and Hari Sivaskandan, and sophomores Brett Stone and Thomas Garrett

Emcees junior Ali Sandler and senior Mykah Kennedy



## PARALLEL

MARCH 29 - APRIL 4

The Ames High Ultimate Frisbee teams is extremely successful with many seniors leading the team, including seniors Peter Miller, Bryan Hall, Luke Heilman, Vincent Montabon and many more. The team sticks together through its many practices and tournaments throughout the year.

This week the Parallel team successfully competes in the Old Capital Open tournament in Cedar Rapids. 2015 is the third year that it has been put on by the University of Iowa's Men's Ultimate program: Iowa Hawkeye Ultimate Club (IHUC), in partnership with Cedar Rapids Parks and Recreation. It is one of the top tournaments of the year with quality playing fields, professional trainers, and tough competition from teams all around Iowa.

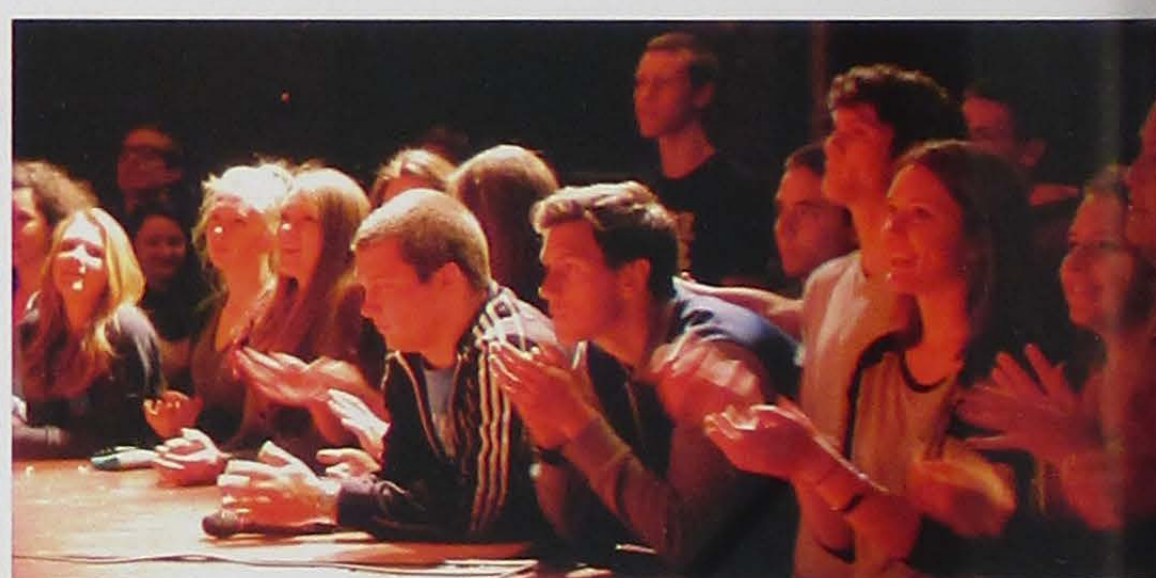
The Ames Parallel teams won the Open for the second time in a row. The team scored an impressive 4-0. The coach who helped them out for the tournament this past weekend was Ames High alum Joe Wheelock. It was a great way for the seniors of the team to end successfully during one of the last tournaments of the season. Ames High wishes luck to the next upcoming year of the ultimate frisbee team and the many more tournaments and competitions in which they will participate.



senior Peter Miller



senior Jared Coleman



## BATTLE OF THE BANDS 2K15

The room goes quite as senior Jared Coleman plays his acoustic set, leaving the crowd speechless. It's just another fantastic moment in this year's Battle of the Bands. Students headed to the auditorium on Saturday to support such high school bands as Talking Babies Association, Underdog Story, and Projekt Theory. The even was emceed by juniors Michael Burke and Alec Withers. Underdog Story took home the prize this year but all the acts put on a great show to a packed house.





junior Joey Kosterman



The Ames High Garden Club starts to enjoy the beautiful Spring weather this week by working in the courtyard. Students met twice a week in Mr. Todd's room to work on either the Ames High garden or in different parts of the school. Garden Club invited all people in the school to participate in their work. Students gained first-hand experience working and learning about gardens. Co-presidents junior Max Eness and senior Ania Chamberlin spend many hours working with students and planning for their work days.

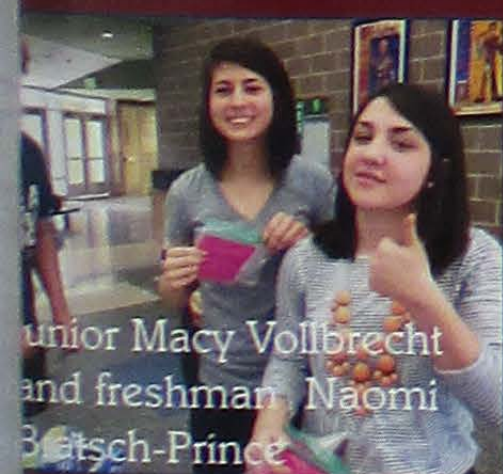
## GARDEN CLUB



senior Eli Bratsch-Prince

## KEY CLUB

An important part of Key Club is being a positive influence on the next generation. Here, Key Club members visit Ames Middle School to work with Builders Club, the middle school version of Key Club. They have also volunteered at the Fellows Fair to work with elementary school kids.



junior Macy Vollbrecht  
and freshman Naomi  
Bratsch-Prince





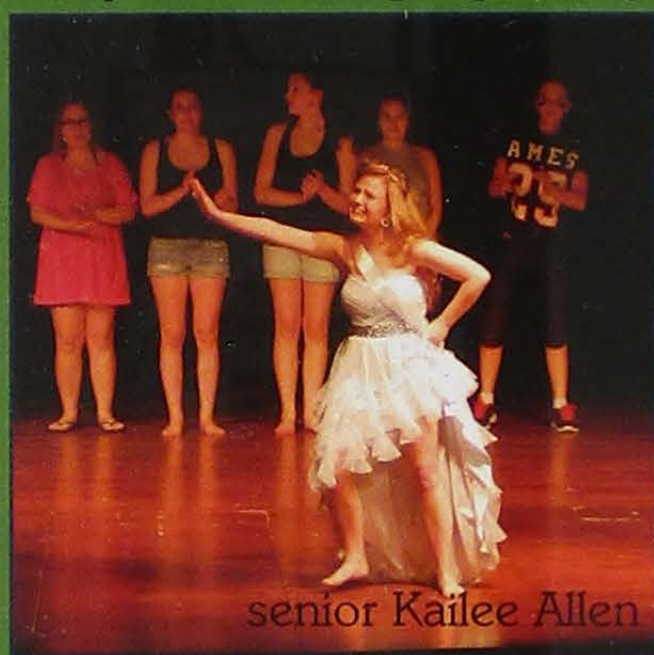
# THE DRAMA DEPARTMENT

APRIL 5 - APRIL 11

Conor Johnson is a Thespian, a four-year drama participant. In many ways, his experiences represent those of numerous others involved in drama. For him, drama taught him courage and helped him to discover something about himself. He points to his junior year, when he got to play Reverend Shaw Moore in the Ames High Musical production of *Footloose*, as his turning point. "I was very, very, very, nervous the first night I went on stage to perform for the sold out audience, but after I was done singing my first song and I heard the applause I knew that I was going to be fine. It's really an amazing experience to be up on stage and know that the people are clapping for you and the rest of the cast."

Others have found that thrill of performing to be equally addictive. "I never actually have time to be in a production - who does? But you make the time to do what you love," junior Jill Zmolek said. "It's like you learn about yourself through becoming other people. It's hard to explain, but it's really amazing."

The most common phrase used to describe the drama department is "community." The bond between the actors keeps the community strong and allows everyone to have a blast. For all of the time, hard work, and commitment that is required to be part of the drama departments, it also gives back by helping the students be part of something much bigger than just themselves, and to create unique, lasting bonds that can only come through spending countless hours together.



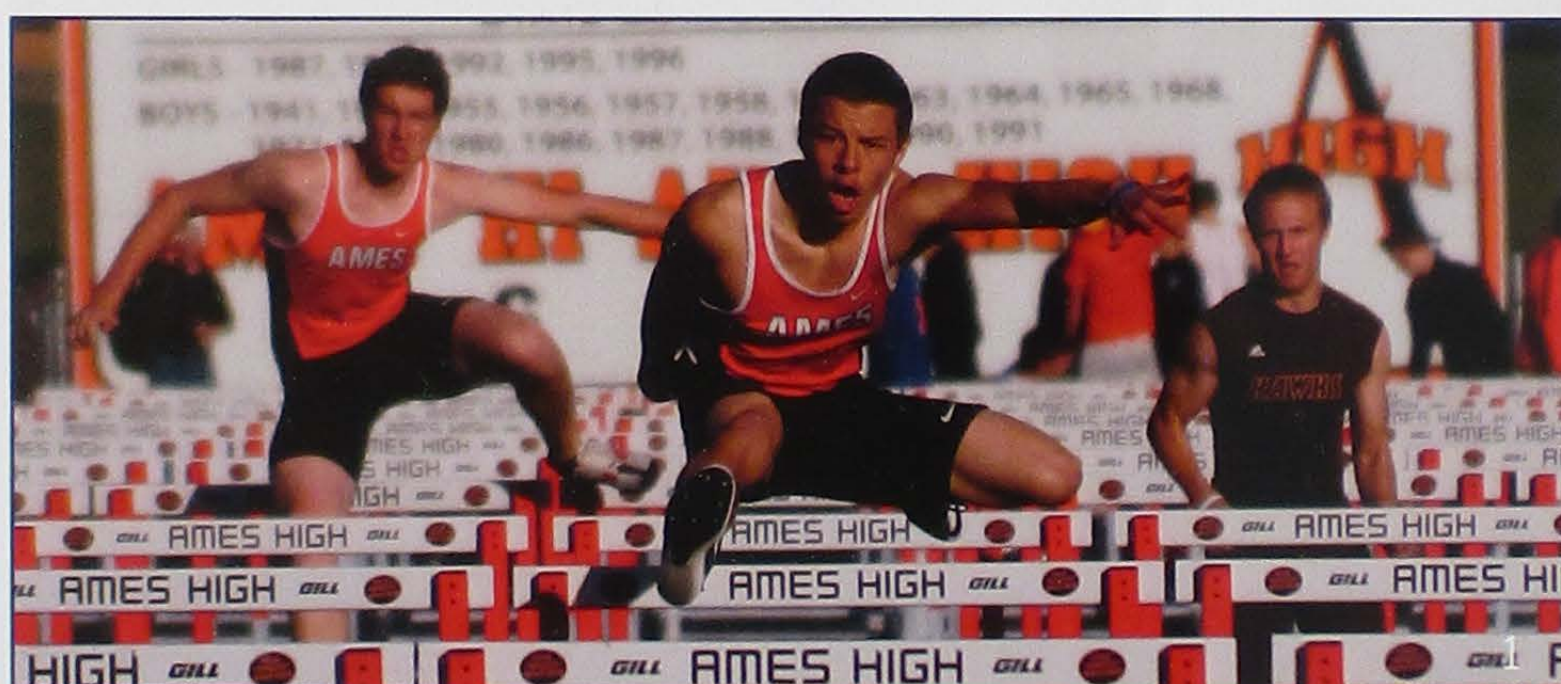
senior Kailee Allen



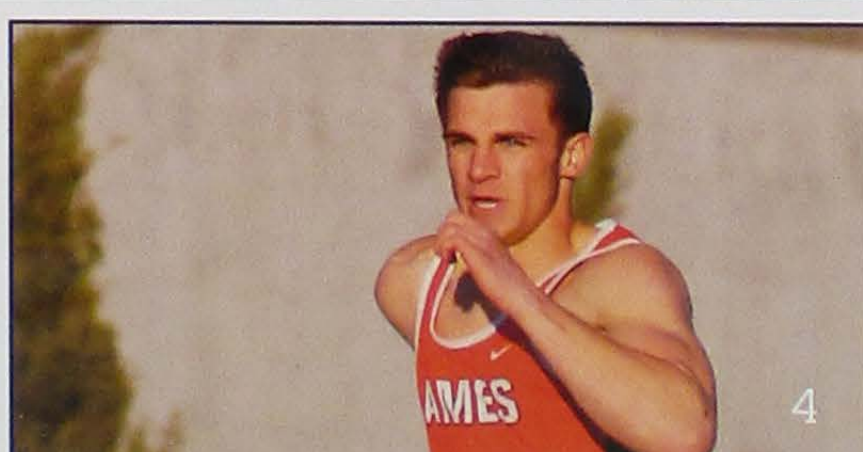
juniors Olivia Leslie and Ali Sandler



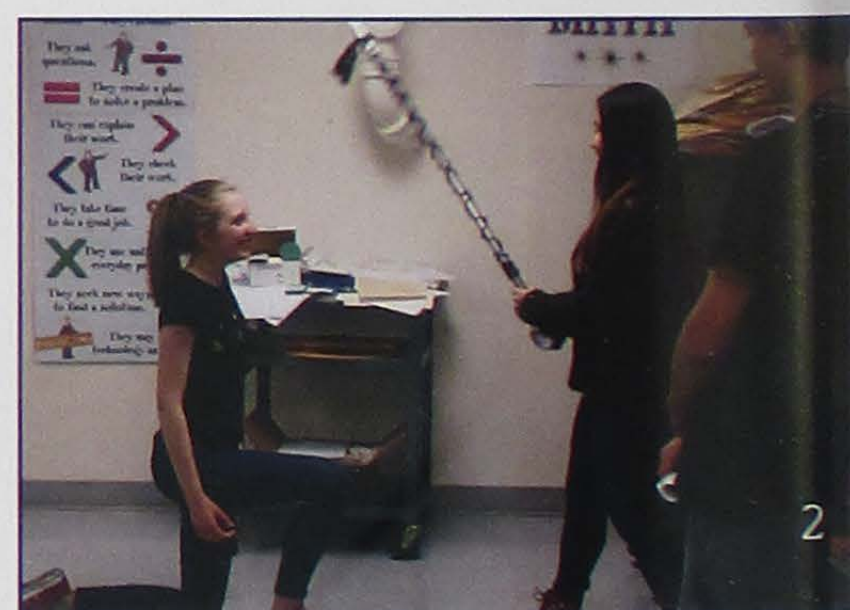
senior Hari Sivaskandaram  
Joey Bingham, senior Co  
Larson



3



4



2

(1) and (4) Sophomore **Noah Stevens** and senior **Gage Eller** run their events at the home track meet.

(2) Sophomore **Kaitley Peterson** is announced as the new Junior Drum Major for the following 2015-16 year!

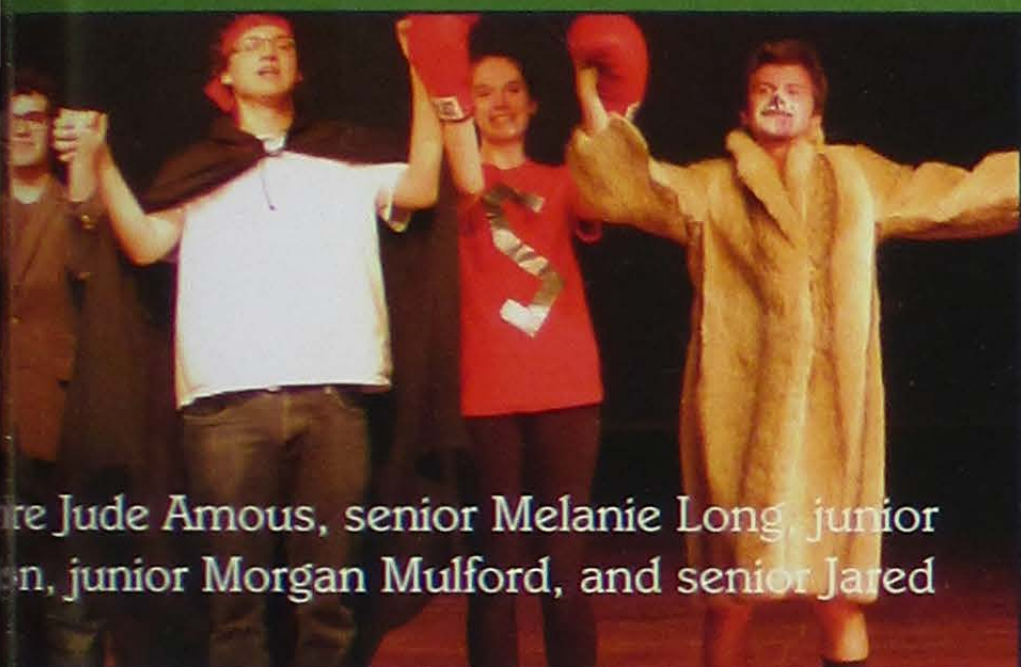
(3) During the away meet, junior **Lynette Kwaw-Mensah** sprints to the lead in the 200 meter relay.



# (2015) PROM COURT



senior Conor Johnson and  
junior Jill Zmolek



are Jude Amous, senior Melanie Long, junior  
n, junior Morgan Mulford, and senior Jared



Prom Committee



senior Maedra Lipsey



senior Kween Agba

Prom starts early with the announcements of the court. Prom Committee, approximately 10 junior girls, prepare balloons to bring to each of the seniors during class as a surprise. The senior class voted six girls and six boys. The following Friday before Prom week, students are announced to the student body.

## HOW ARE YOU DEALING WITH SENIORITIS?



Being in school for 4 years, procrastinating, waiting till the last minute, staying up really late and getting everything done. No, actually keeping everything in Notes on my laptop to keep track of what I have to get done." - senior **Melvin Osanya**



"I focus on the bright side. My parents tell me I'm going to college, so I'm going to college. I've been signed up for DMACC, but sometimes you get a little stressed out about if you're going to make it. You've got to work hard and focus on the positive side of life." - senior **Austin White**



"I have a mom who really loves to tell me to do my homework. She is really the thing that makes sure things get done. Other than that it's just commiserating with my friends about how it sucks that we still have to do stuff." - senior **Emily Greene**



"Just trying to push through it. It's kind of hard, but there's only 16 days left, so the end is in sight. I'm trying not to let it affect me too much." - senior **Christina Cloyd**

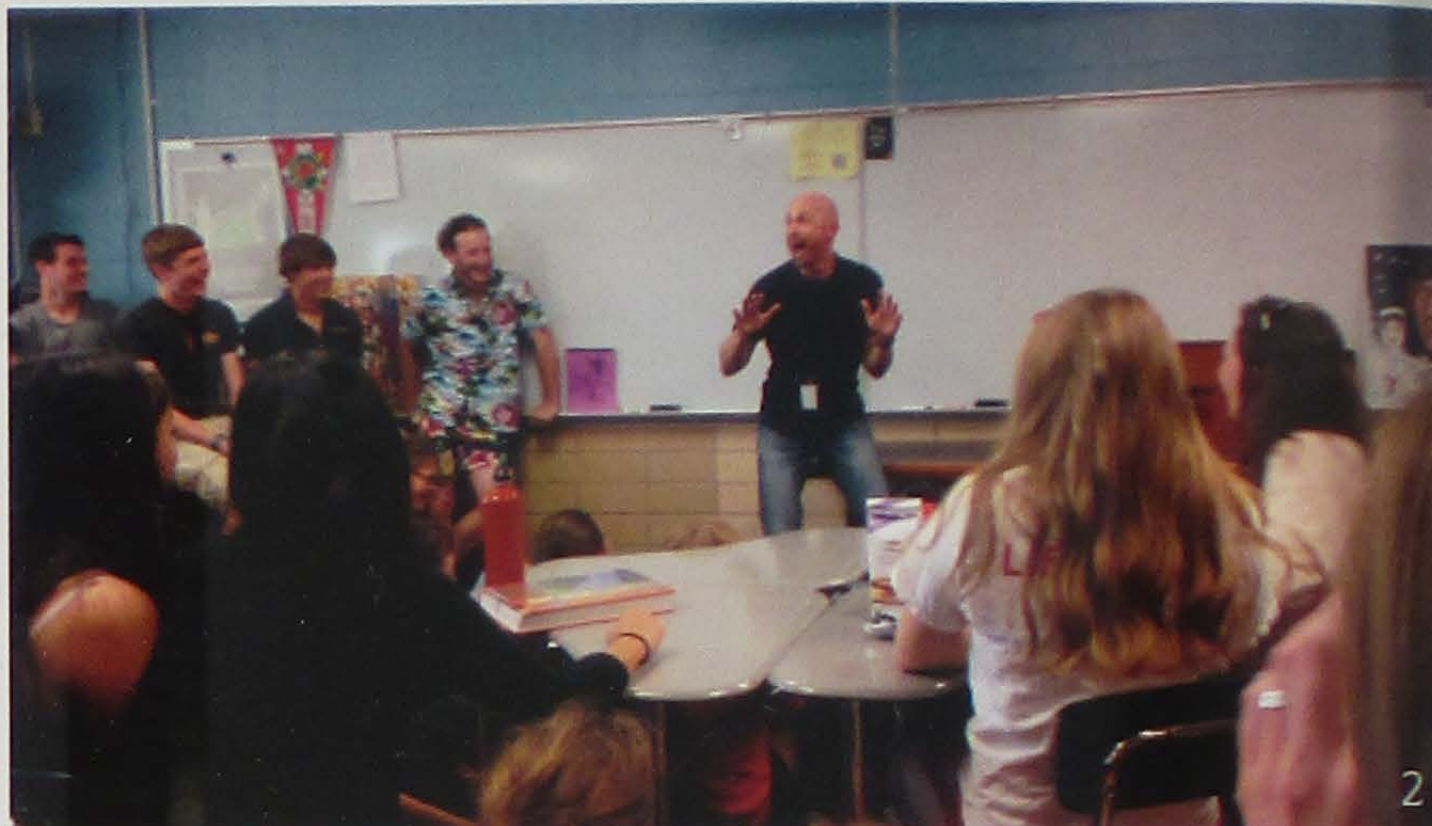


# (re)lease

## PROM WEEK

APRIL 12 - APRIL 18

The last big dance of the year is full of excitement for Webb's famous prom story, dressing up for the dance, and the food at post prom. Juniors, seniors, and the exceptional underclassmen attend dinner, the dance, and spend the rest of the night at the high school playing poker, eating, and watching our student peers get hypnotized. The Prom dance is held at Scheman on Iowa State's campus. Not only are there pictures, music, and dancing, but the Prom Court King, Queen, Prince, and Princess are announced. The winners this year were: King Kushan Tyagi, Queen Kween Agba, Prince Colby Hansen, and Princess Phaedra Lipsey.



1. Seniors **Melanie Long**, **Zoe Pritchard**, and **Ella Bartlett** with juniors **Molly Bagnall** and **Max Eness** 2. **Mr. Webb** tells his famous Prom Story to a packed room of upperclassmen. 3. Seniors **Brenna Peterson**, **Walker Weiss**, **Elyse Warrick**, and **Rahul Sarkar** 4. Seniors **Brenna Peterson**, **Walker Weiss**, and **Elyse Warrick** play poker. 5. Juniors **Hannah Schwartz** and **Michael Burke** 6 Juniors **Maddie Lynch**, **Madi Schweikert**, **Mackinzie Daughton**, **Margit Herrmann**, and senior **Hailey Tebbutt**

Every year, Mr. Sullivan's U.S. History class reenacts the trench warfare of World War I to help the students see the war from a different perspective, and to bring history to life for them.





# MEALS FROM THE (HEARTLAND)

On Monday, April 13, four of Ames High's many clubs joined together to fight world hunger. Members of National Honor Society, SHEPH, DECA, and Key Club signed up for a shift to package meals in Gym 2 through a program called Meals from the Heartland.

NHS spent two years raising money to purchase the 38,000 meals packaged that day. In groups of 8-10 people, students took on different jobs that included scooping ingredients, weighing packages, and packing the meals into boxes for shipping.

The students had fun and helped others, making the day successful.



The Afternoon Shift



NHS Officers seniors Nadia Huffman, Stephanie Shin, Phaedra Lipsey, and Anna Ogilvie



The Morning Shift



## SENIOR HONORS NIGHT

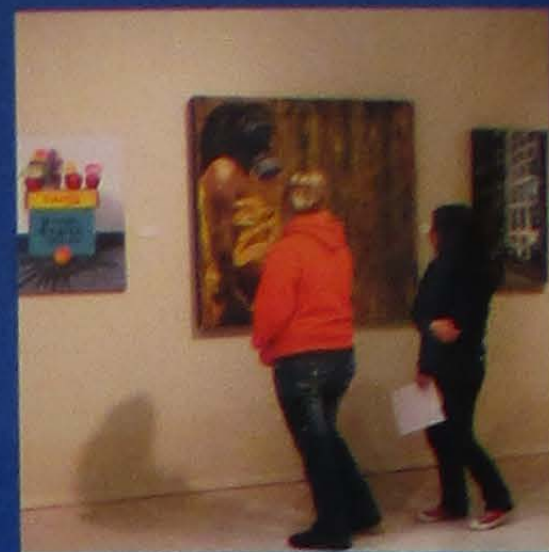
To honor the seniors with a GPA of 3.8 or higher, Honor Banquet celebrates these students' hard work and dedication to their studies. Family and friends crowded the auditorium to support the large group of students.



## CHICAGO ART TRIP

APRIL 19 - APRIL 25

The Ames High art students every year take an annual trip to Chicago to visit the Art Institute of Chicago and to learn about what it would be like to attend an art school. It allows the students to be aware of the opportunities that are available to them beyond the classroom. Students, despite grade or of art experience, are able to be apart of the trip. Not only does the trip teach students of possibilities, but it also inspires them. They are able to see college students one step ahead and experience what it would be like to live their lives for one day. The group of students leave on Friday and return on the upcoming Sunday. Not only do they experience art school, but also sit in on art classes to find if they would enjoy doing that as a profession. It gives a chance for all sorts of students to connect through art and gives the opportunity to experience the artistic side of Chicago that many would not be able to otherwise. If you are taking an art class in the next Spring semester, be sure to attend this weekend trip.



1. Senior **Payton Boylston** runs her final race for the away track meet.
2. and 3. senior **Eli Bratsch-Prince** and junior **Macy Vollbrecht** volunteer for Key Club's Highway Trash clean up.
4. Juniors **Kylie Morken**, **Lynette Kwaw-Mensah**, senior **Phaedra Lipsey**, and sophomore **Tala Salta** prepare to run their relay for track.





Mrs. Hassebrock, seniors Rylan Rudd and Jack Swanson



## AMES HIGH ORCHESTRA

The Ames High Orchestra went on a short field trip to the University of Northern Iowa in Cedar Falls to perform songs with other schools around the state of Iowa.



## GIRLS SOCCER

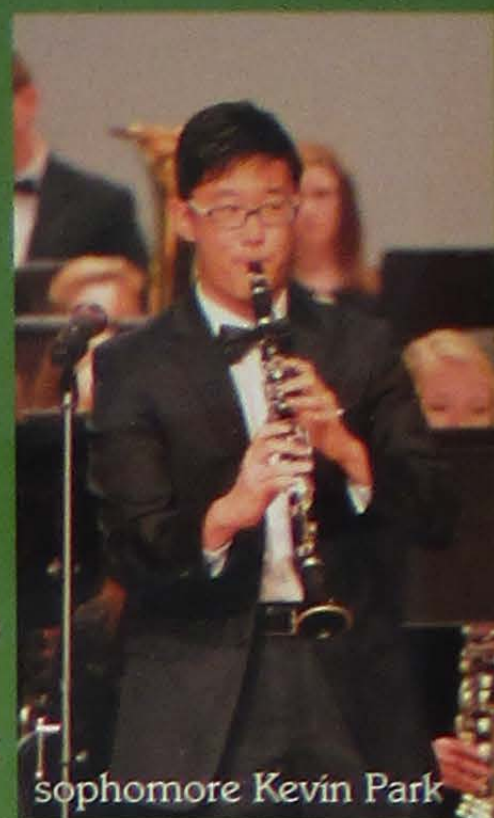
The Ames High Girls Soccer team continues their season winning against Cedar Falls 2 - 0. Pictured: sophomore **Sabrina Hegelheimer**, seniors **Taylor Rood**, **Katie Culhane**, **Kira Mann**, **Livvi Mann**, junior **Sarah Freidrich**, freshman **Nicole Aroche**, senior **Hannah Mumm**, sophomores **Hartley Christensen**, **Kelly Freidrich**, **Natalie Grodnitzky**, junior **Emily Frisk**, **Bridget Carney**, sophomores **Anna Rood**, **Lorelle Kraus**, **Michaela Twito**, **Delaney Sanborn**, juniors **Maria Wohlsdorf**, **Britany Stuart**



# SPRING BAND CONCERT

APRIL 26-MAY 2

The bands ended their year on a high note with their Spring Concert. The Spring Jazz Band opened the concert. This was a new group that formed this year to allow students from both Jazz I and Jazz II to continue playing jazz if they weren't involved in a spring sport. Following them was Percussion Techniques, who wowed the crowd with a blindfolded performance using trash cans. Freshman Band played their pieces well. The highlight of Concert Band's portion of the concert was a piece in which they played the background music for a short film, which was projected behind them. During a short intermission, the Disney movie clips that the band performed during Band Tour in March enlightened the audience. Symphonic Band ended the night with "Blue Shades," which included fantastic solo performances by some of Ames High's top musicians, including senior bass clarinetist **Melanie Long** and sophomore clarinetist **Kevin Park**.

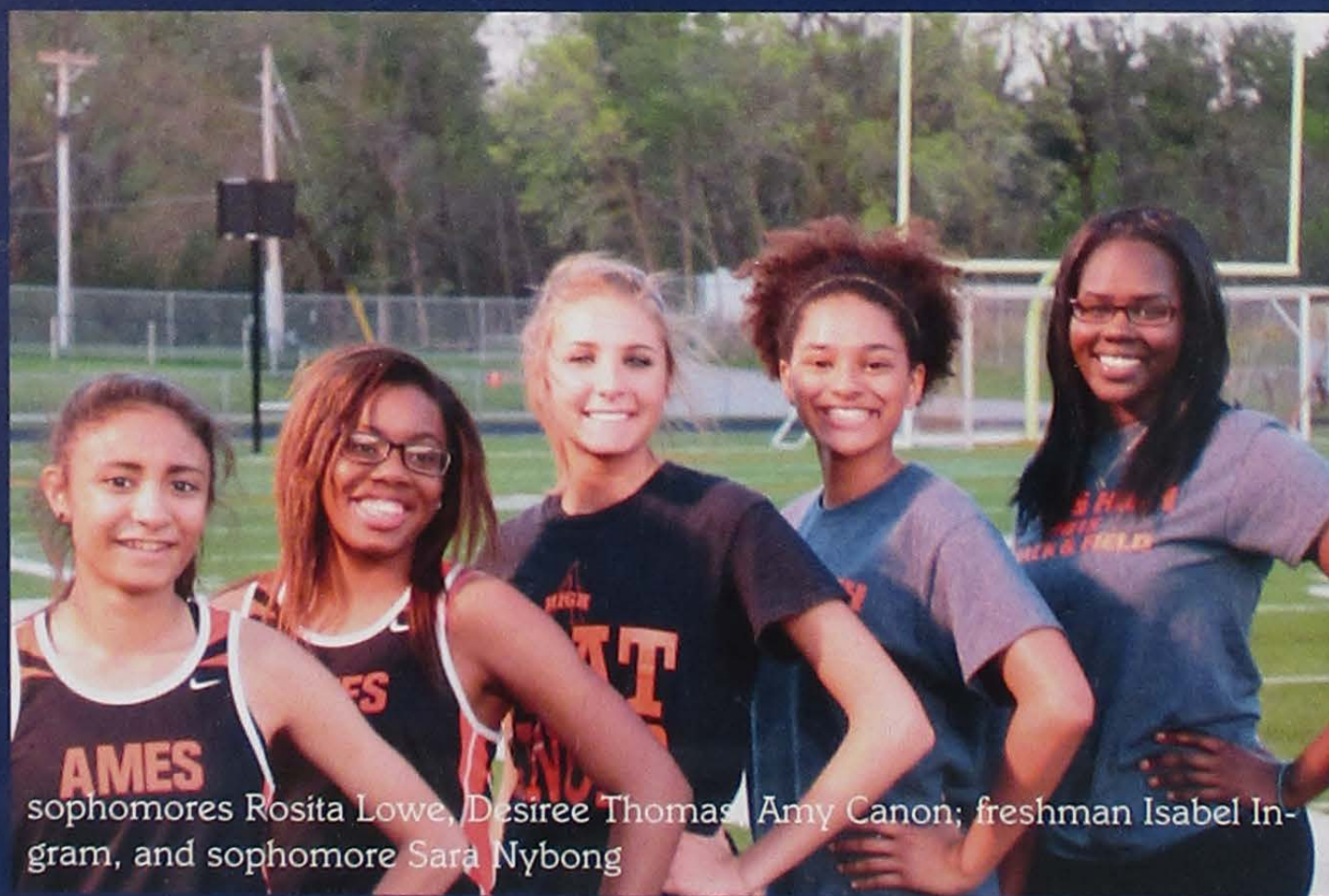


sophomore Kevin Park



Spring Jazz Band

## GIRLS & BOYS TRACK



sophomores Rosita Lowe, Desiree Thomas, Amy Canon; freshman Isabel Ingram, and sophomore Sara Nybong

The Ames High Boys and Girls track teams have both had successful seasons. In both cases, strong senior leadership had been met by eager enthusiasm from talented underclassmen. As great as this season has been, the future looks even brighter for these teams.

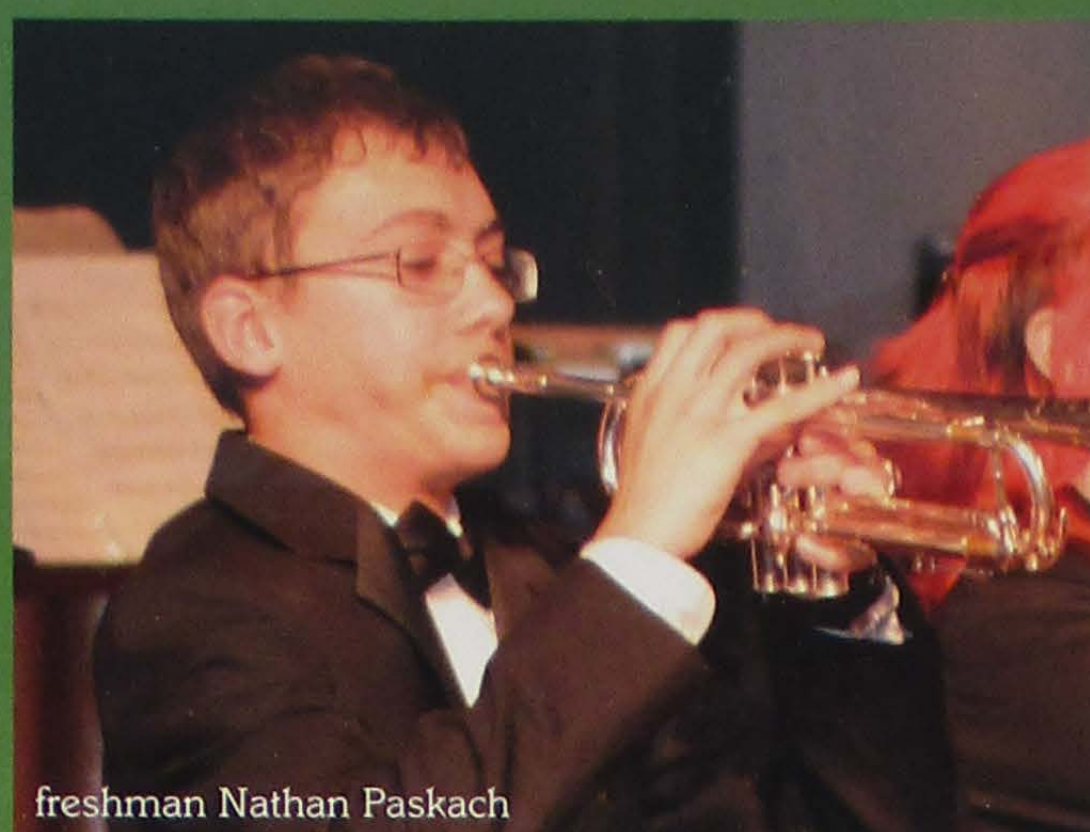


seniors Gage Eller and Dan Chan





percussion Techniques



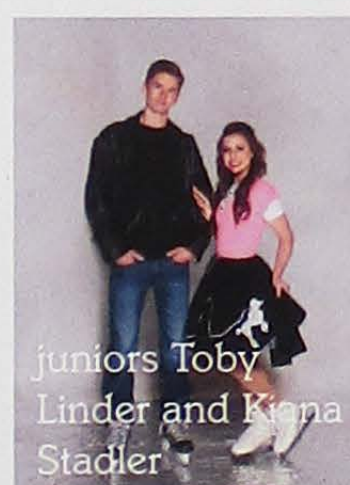
freshman Nathan Paskach



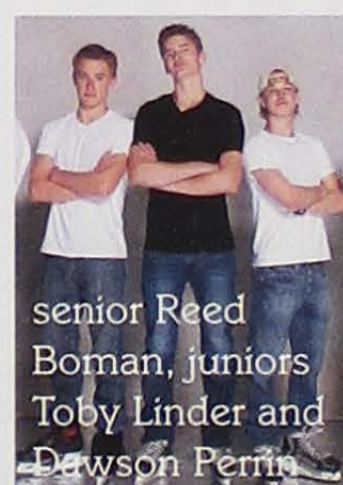
freshmen Eliza Davis and Channing Che

## AMES FIGURE SKATING CLUB

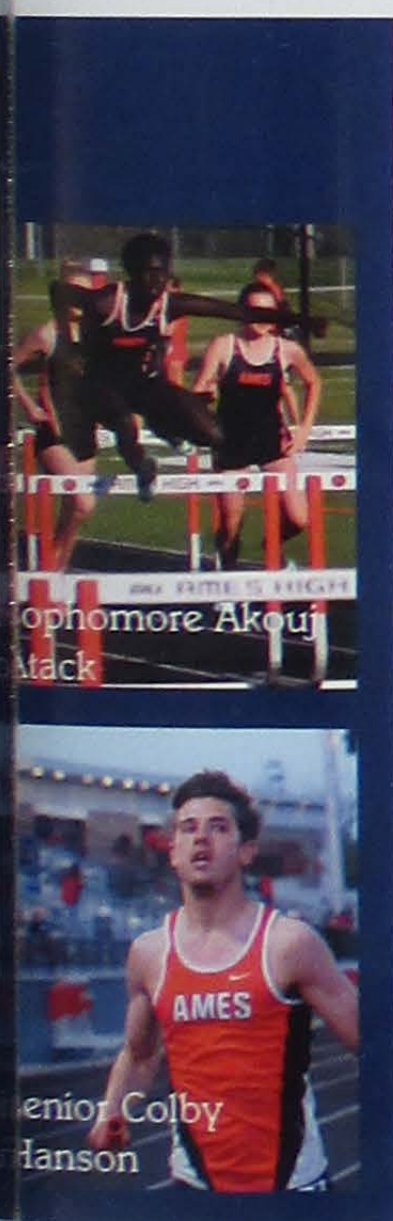
The Ames Figure Skating Club produced a great spring show this year. AFSC has continually had Ames High Students involved, but this year a couple of the hockey players also participated. There were many roles for guys for both shows: Grease and Annie.



juniors Toby Linder and Kiana Stadler



senior Reed Boman, juniors Toby Linder and Dawson Perrin



sophomore Akouj Mack

senior Colby Hanson



# (re)cap



1. Sophomores **Caítriana Dolce**, **Rosita Lowe**, and **Emily Draper** 2. Seniors **Phaedra Lipsey** and **Jordan Denny**, sophomores **Rosita Lowe** and **Desiree Thomas** 3. Sophomore **Katelyn Moore** and junior **Jessica Rehmann** 4. Freshman **Claire Gilbert** and junior **Alyssa Harvey** 5. Senior **Zoe Pritchard** 6. Juniors **Lynette Kwaw-Mensah** and **Fatima Haron**, senior **Phaedra Lipsey**, and sophomore **Rosita Lowe**

## CONFERENCE GIRLS TRACK MEET

MAY 3 - MAY 9

The 2015 Girls Conference Track Meet took place at Waukee High School. It was an exciting night for junior Hannah Greenlee, breaking the long standing record for discus. Greenlee threw the stunning distance of 130 feet 1 inch. Another athlete that night, junior Kylie Morken, finished first in the 400 meter hurdles. These two events and many more all contributed to Ames High placing third overall in the conference meet. Ames High is excited to see the strong junior class continue to become faster and stronger before the 2016 season. Many of the track runners, including seniors Phaedra Lipsey, Payton Boylston, Zoe Pritchard, Jordan Denny, and many more seniors, spent one of their last meets of the season running as hard as they can.

One challenge that the team has faced this season is the weather. If on the day of the meet there is any sort of rain or sign of a storm, the meet is cancelled. It is challenging to reschedule track meets because reserving the track may conflict with other sports such as boys track and soccer. However, even with a few rained out meets, the Ames Girls Track team (coached by Mr. Schmaltz) seemed to find many meets to compete in. Students look forward to the next spring season as this season is quickly coming to a close. Good luck to our Ames High Little Cyclones who compete in State Track in a couple weeks.



## BOYS SOCCER



sophomore Lincoln Saxton



sophomore Justus Robeson

The Ames High Boys Soccer team played against Southeast Polk and Indianola this week at the Ames fields. The boys played competitively, winning 3-1 against Southeast Polk and an exciting 6-0 against Indianola. The team continues to surprise their families and school peers each game. The boys work hard every day preparing for the conference games only a couple of weeks away.

## GIRLS TENNIS



freshman Melissa Liu



junior Hannah Schwartz

Living up to the outstanding legacy of back-to-back state championships, the Ames High Girls Tennis continues their season strongly. The girls played Mason City, not letting them win a single match. The team added on two new players to their top six: junior Hannah Schwartz (playing number four) and freshman Jamie Zhang (playing number 3). Each day the girls come out to the courts ready to play their hardest and win every point. Halfway through their season, the girls play hard through each meet and practice!



senior Lizzie Gartin



BEN SULZBERGER AND MICHELLE HU

VS.



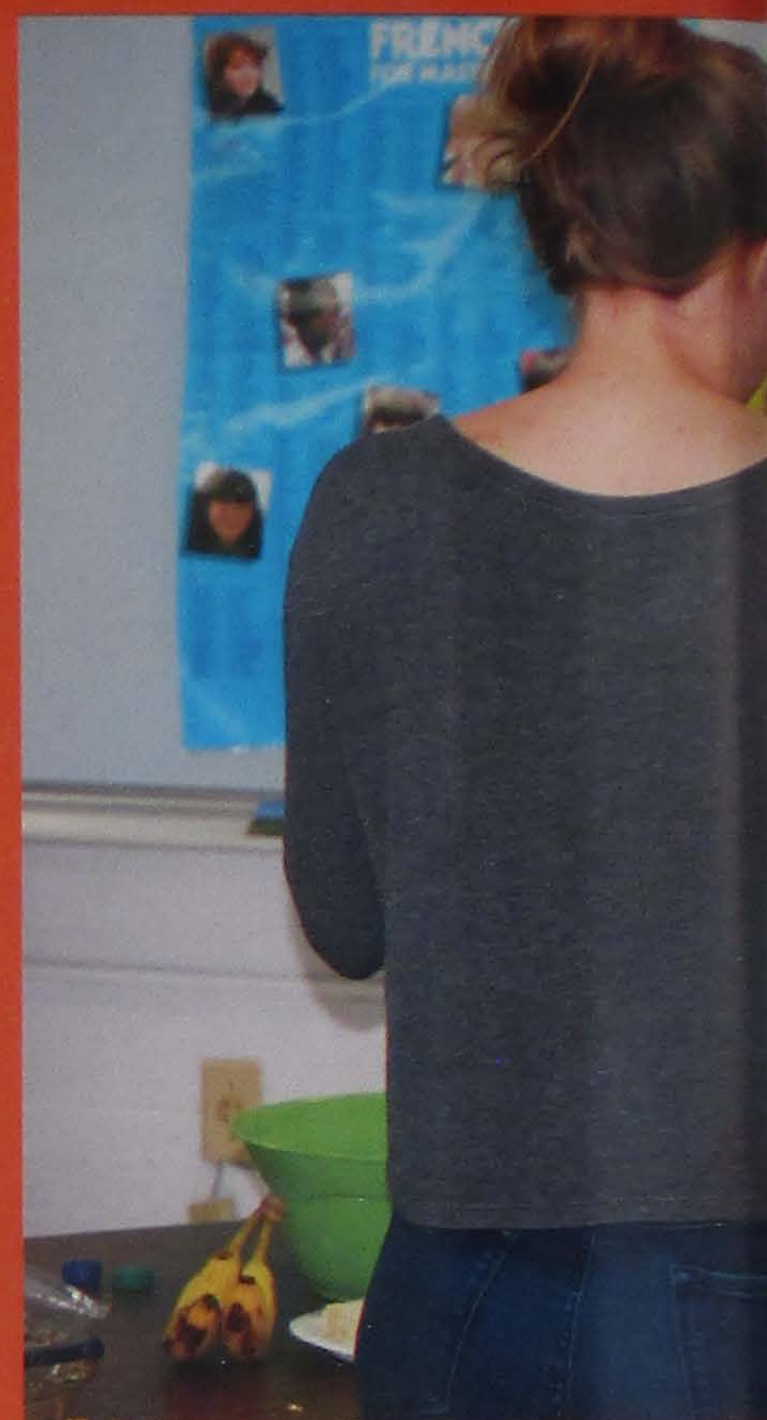
KALEB STEVENS AND JAY AMIN



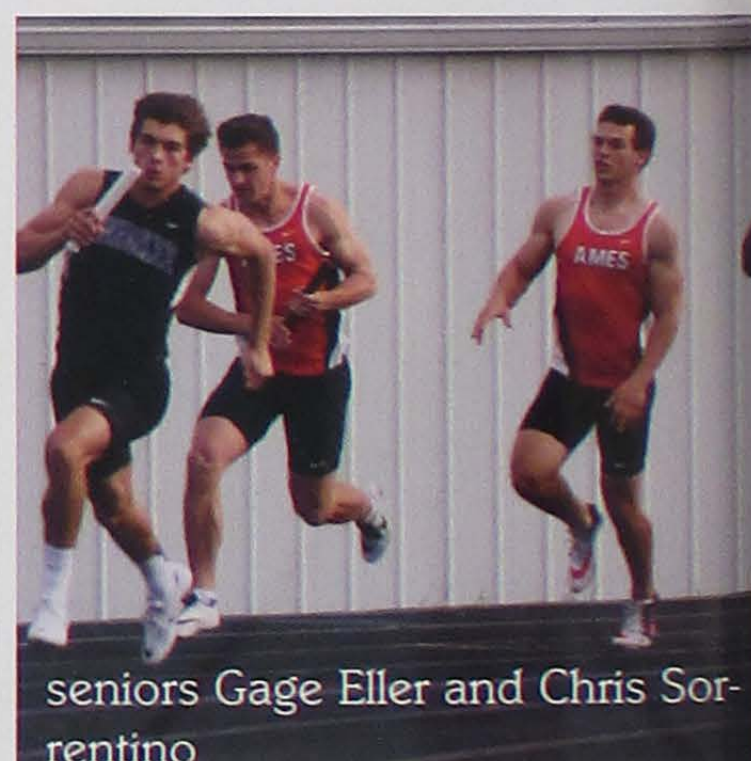
# (re)lease

## SAYING OUR GOODBYES MAY 10 - MAY 16

Giving hugs, taking pictures, and going out for lunch with your senior friends before it's too late - these things define seniors' last week. With the seniors experiencing their last week of high school, the freshmen, sophomores, and juniors spend this week saying their goodbyes and experiencing the last moments with the senior class. On the seniors last day, Thursday, seniors morph into a blur of tie-dye shirts, glitter, and shrill screams of excitement as they experience the surreal epoch of four years' hard work and anticipation. Underclassmen look forward in excitement for their day to finally come so they can experience it for themselves.



junior Michael Agbaje



seniors Gage Eller and Chris Sorrentino



## BOYS TRACK & FIELD

Ames High Boys Track & Field traveled to Marshalltown High School to compete in one of their last away meets of the season. The boys prepared for the post-season track season by traveling to state to compete in the upcoming week ahead.





sophomore  
Beriah Forney  
and senior  
Melanie Long



seniors Caroline Baum, Stephanie Cho,  
and Andie Newell



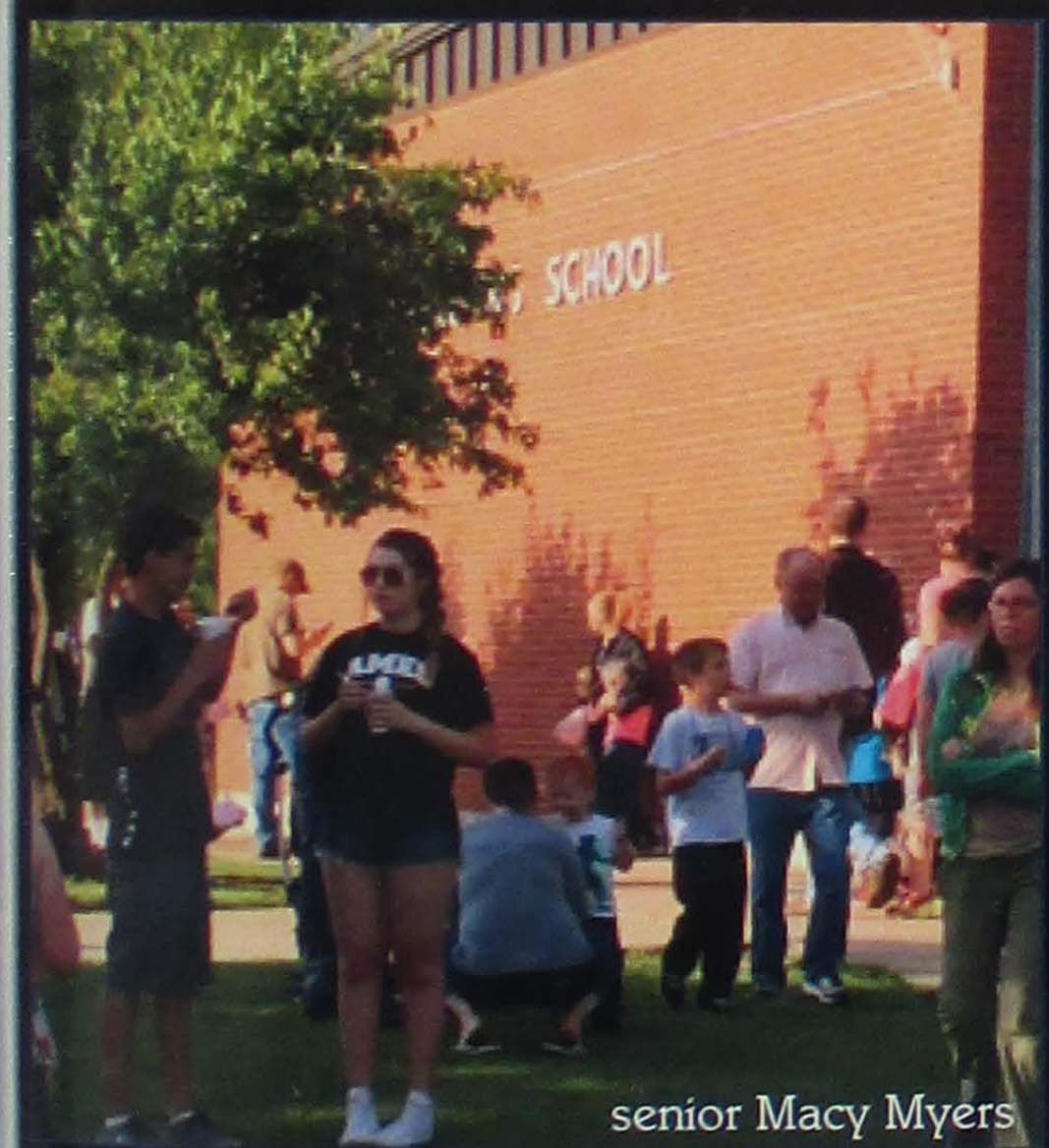
seniors Phaedra Lipsey and Saba Toosi



Mr. Schmaltz speaks about seniors Pay-  
ton Boylston and Phaedra Lipsey

## AMES HIGH GIRLS TRACK BANQUET

The Girls Track ends their exciting season of practices, meets, and all the hard work and dedication they put into their running. All the athletes were given awards and mentioned for the time and commitment they put into their season. It is sad to see the track season end, but it is exciting for all the girls accomplished this season.



senior Macy Myers

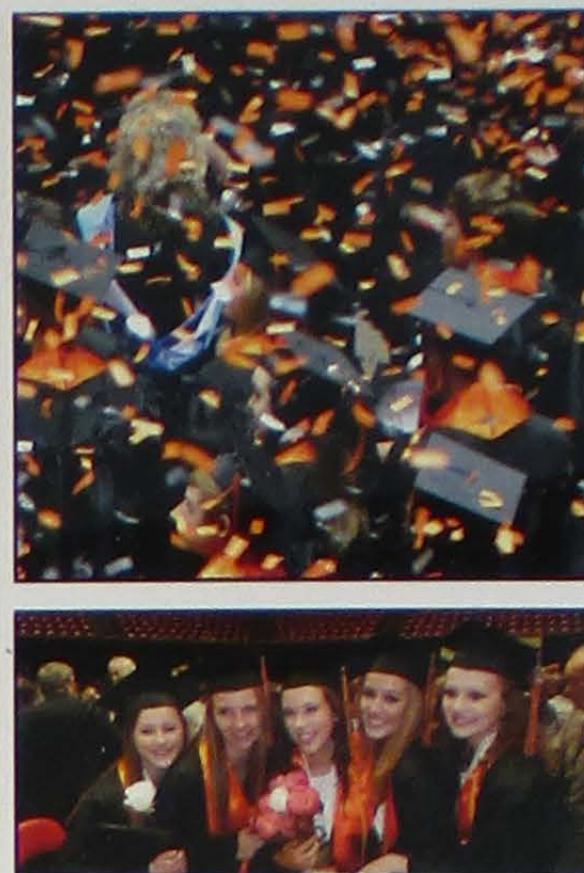
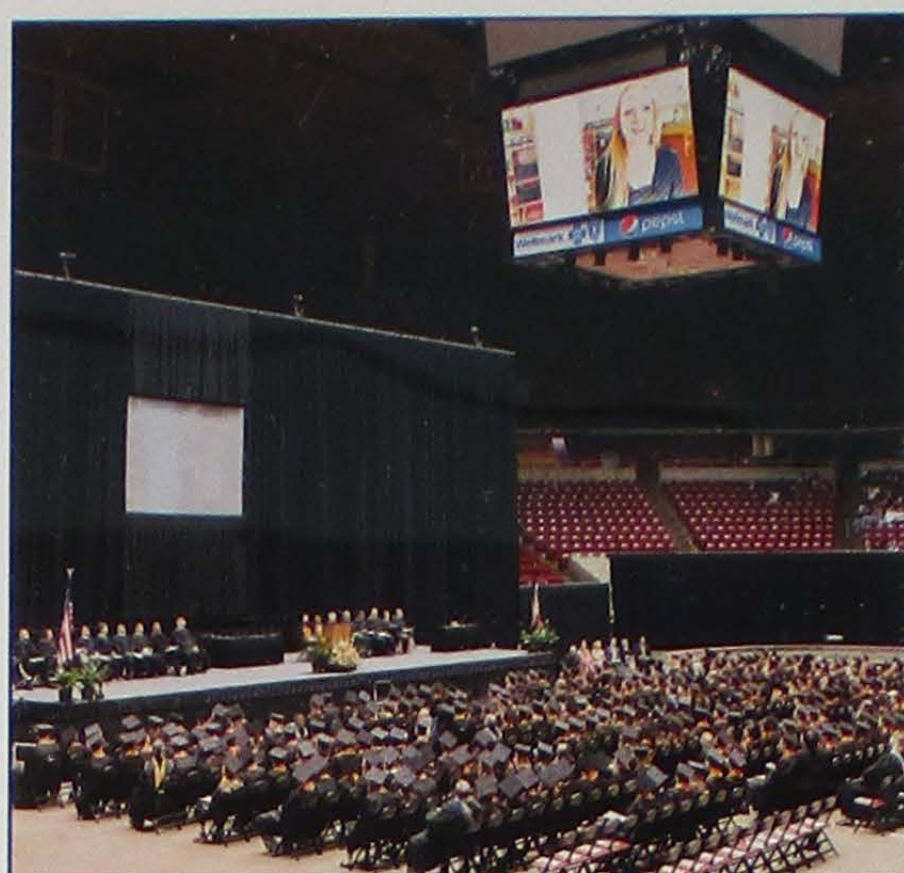


sophomore Kyleigh Cowles

## FELLOWS ELEMENTARY FAIR

One way the students at Ames High give back to the community is by volunteering at the annual Fellows Fair down the road from the high school. Students helped out with a variety of different games, prizes, and stands throughout the school. The fair lasts about three hours on a Thursday night. It is a great way for high school students to be involved in the community and to switch roles in an event they loved when they themselves were children.





## COMMENCEMENT: CLASS OF 2015

MAY 10 - MAY 16

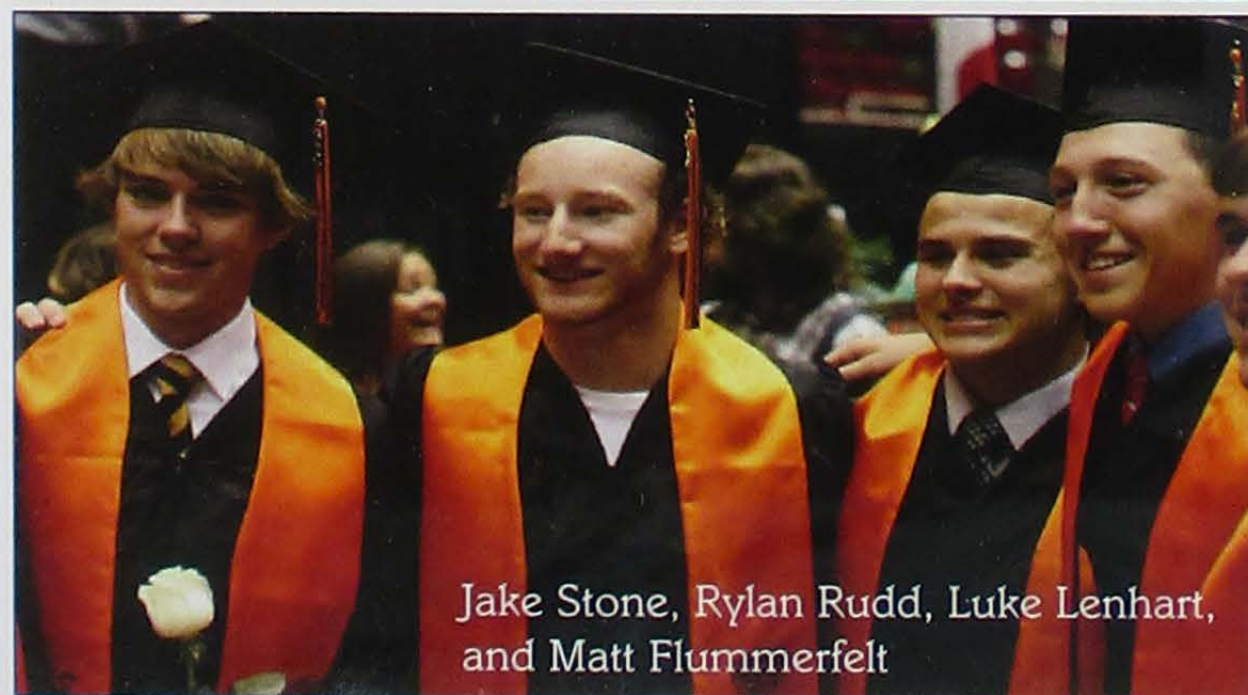
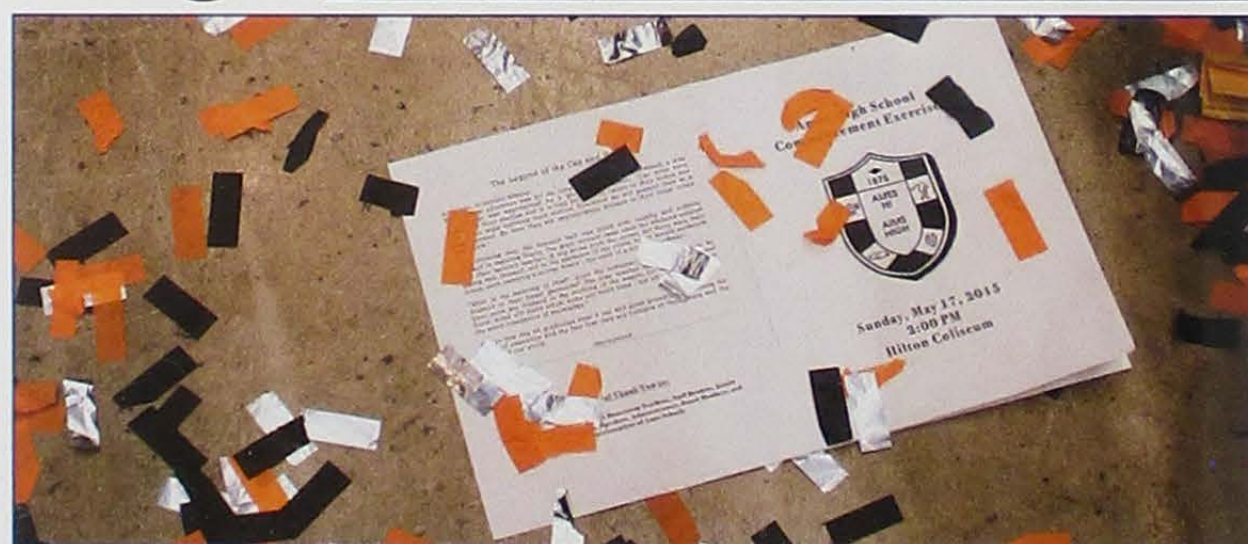
It's the final week for the seniors; they finally finished the trek of childhood and will be emerging into adulthood. Some will begin that next journey right after school ends, like Javan White, who will be journeying to Tulsa, Oklahoma to continue his basketball career at Oral Roberts University. Others will be beginning their next chapter at ISU in the fall. No matter the distance, though, while their lives will each start to branch off, they will all share the same roots in Ames, Iowa. It will be exciting to see where the future takes each of the seniors as the class splits across the country. Ames High School will always be the place that will forever hold a piece of each of their hearts. Farewell Class of 2015! You will be missed in the hallways and classrooms of AHS. And lastly, best of luck to you all! Be courageous and live a life that is more than the "me, me, me" generation that most think we are.



Aaron Marner and AJ Foegen



Stephanie Shin and Eli Bratsch-Prince



Jake Stone, Rylan Rudd, Luke Lenhart, and Matt Flummerfelt



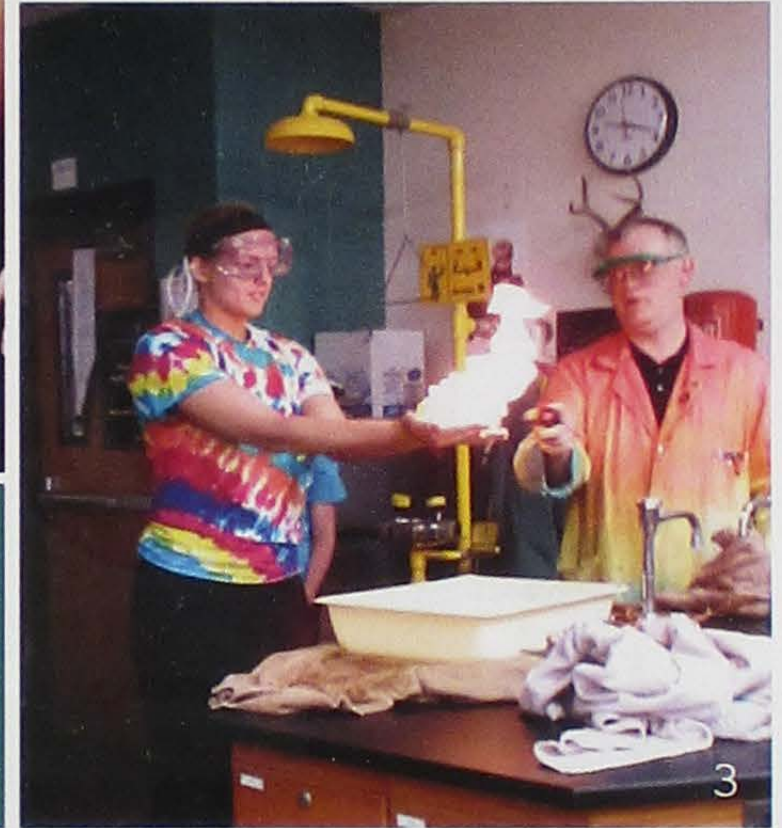
Grace Shiebe, Jaclyn Engelman, and Lizzie Gartin



# SENIORS LAST DAY OF SCHOOL

Ames High Seniors spend their last day with glitter, silly string, shaving cream, chemistry labs, and taking lots of pictures to capture their memories.

1. Seniors **Alex Munn, Alicia Orr, Maggie James, Savannah Farner, Jenna King, Kira Mann, Bridget Carney, and Katie Culhane**
2. Seniors **Charlie Forney, Will Fowler, Conor Johnson, Peter Miller, Stephanie Shin, Ken Prell, and Hope Mills**
3. Senior **Tessa Cunningham** and **Mr. Junck**
4. Seniors **Rachel Kim, Elise Hill, Allie Mullen, Nadia Huffman, and Alexa Cross**
5. Senior **Hannah Lindsay**
6. Seniors **Savannah Farner, Bridget Carney, Kira Mann, and Jenna King**





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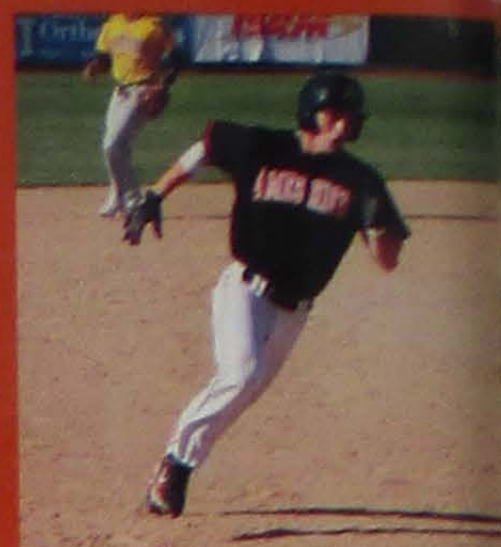
## THE BOYS OF SUMMER

MAY 24 - MAY 30

After 20 back-to-back win seasons, some might say there is a lot of pressure on this year's team. But despite the high bar and the new faces - the team lost seven members from last year's team - the team is loose and excited.

"We lost a lot of guys, but there is still a great core of guys here who are dedicated to winning and who know what it takes to get there," senior **Matt Flummerfelt** said. Flummerfelt joins senior **Chris Sorrentino** as a returning starter.

This team is also deep and versatile, with 13 guys on the team who could step in and pitch if necessary. It's a good reminder that TEAM is the key to success.



1.



2.

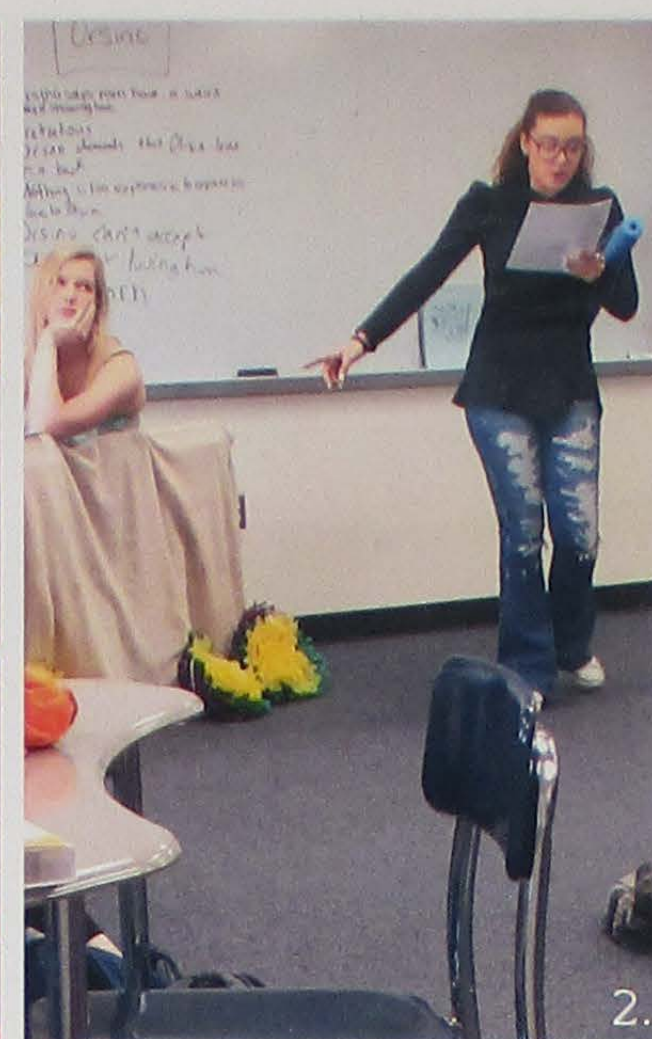
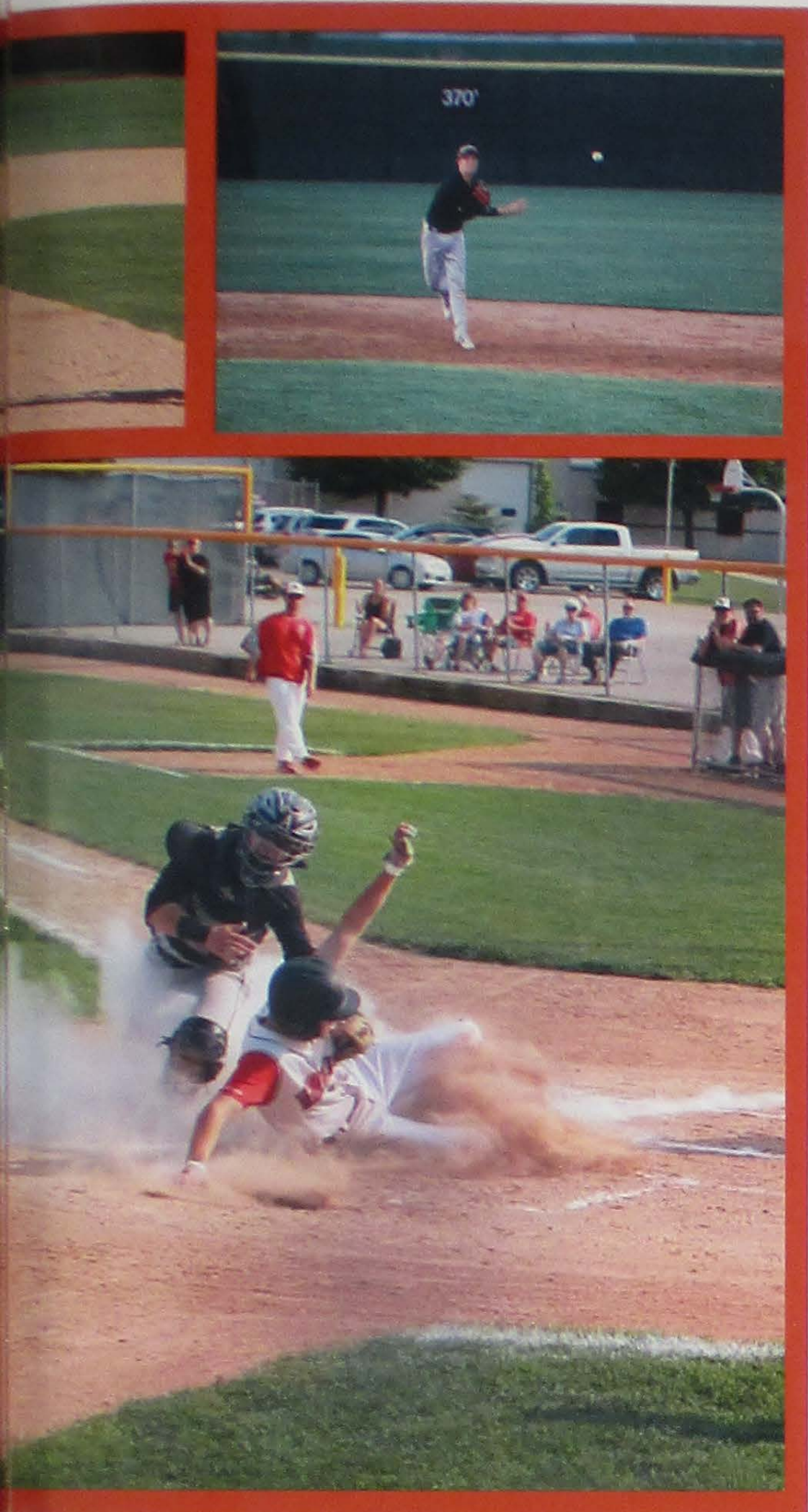


3.

## SOFTBALL

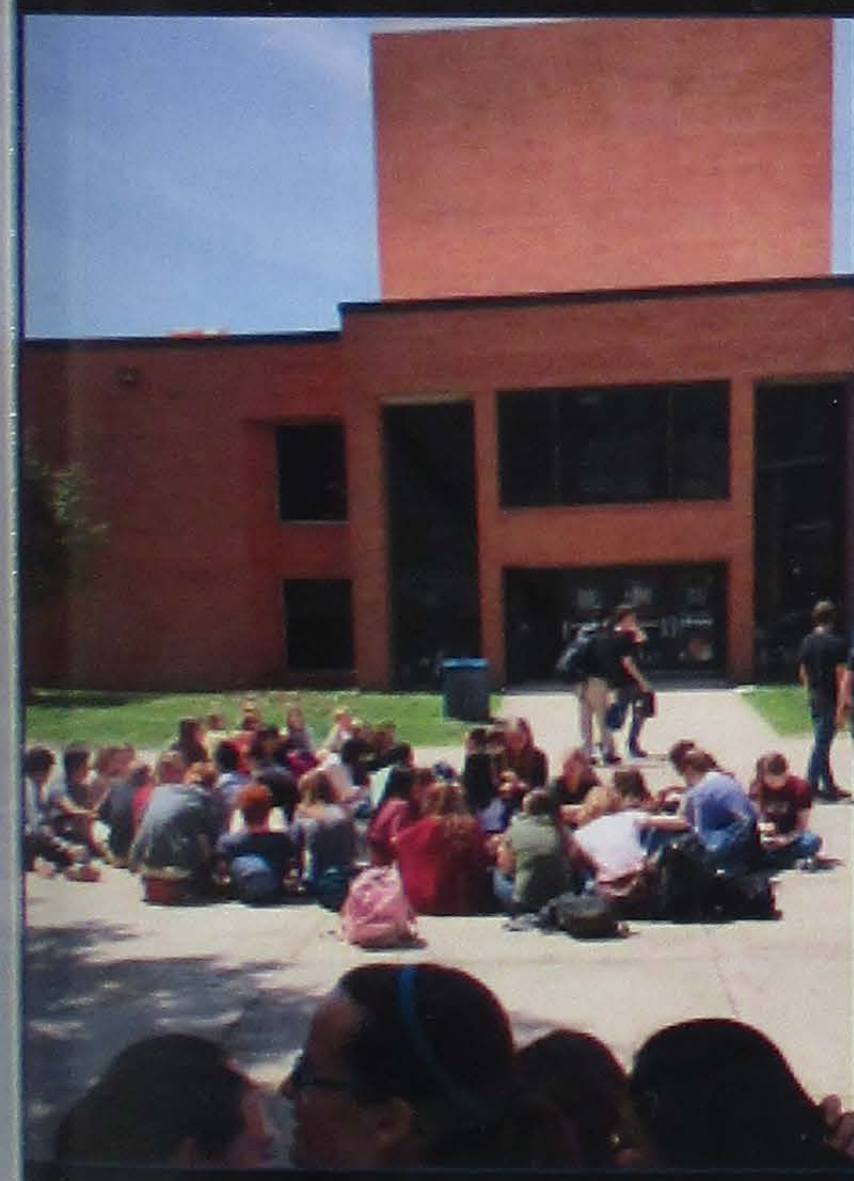
Few teams work harder for less recognition than the softball team. 1. Coach Gorman brings the girls in for a quick strategy session in the season opener. 2. Senior Hannah Bloch and junior Maddie Lync show off their back-to-back homerun balls. 3. Third baseman junior Anna Meyers prepares to field the ball.





## SHAKESPEARE COMES TO LIFE

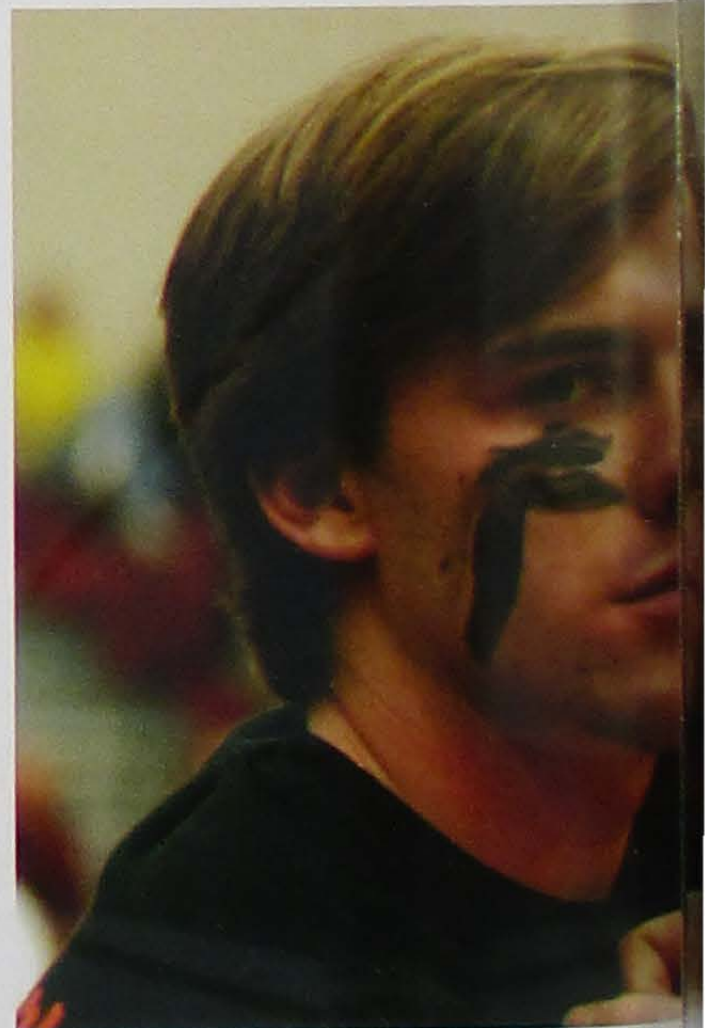
1. Junior Harrison Woodworth helps junior Matt Boylan Schager into his Twelfth Night costume.
2. Freshmen Julia White and Sofia Correnti as the characters Romeo and Juliet.
3. Mrs. Engelkes' Advanced 11th grade students sword fight in class as practice for Twelfth Night



## THE NEW NORMAL

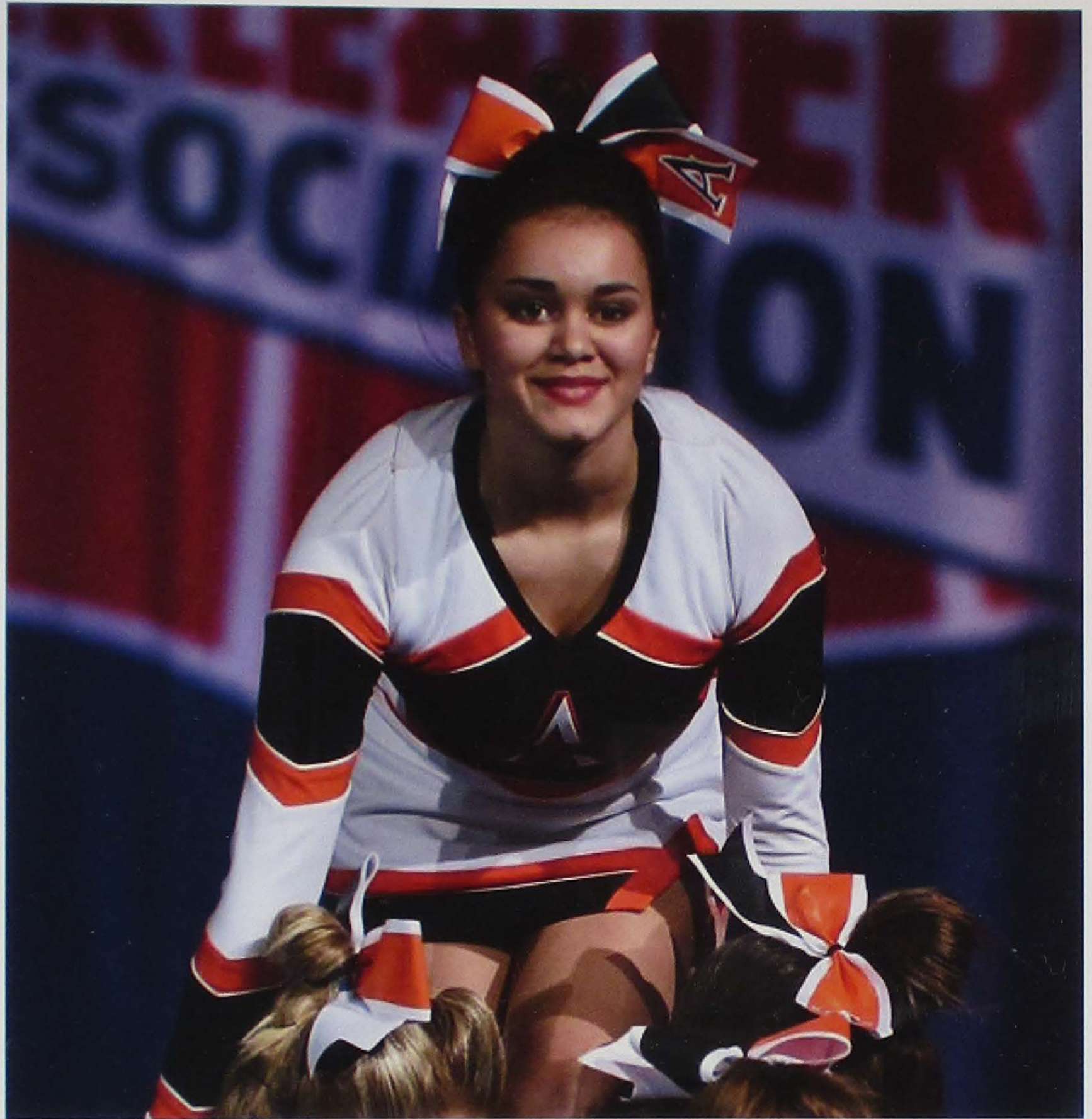
One of the interesting aspects of high school is the week after seniors leave. While they represent only a quarter of the school population, the hole they leave feels much bigger. This gap is most evident in the parking lot and in the courtyard. The chaos and frivolity of the previous week is quickly replaced by a more somber tone and the remaining students prepare for finals, looking to finish the year strong.





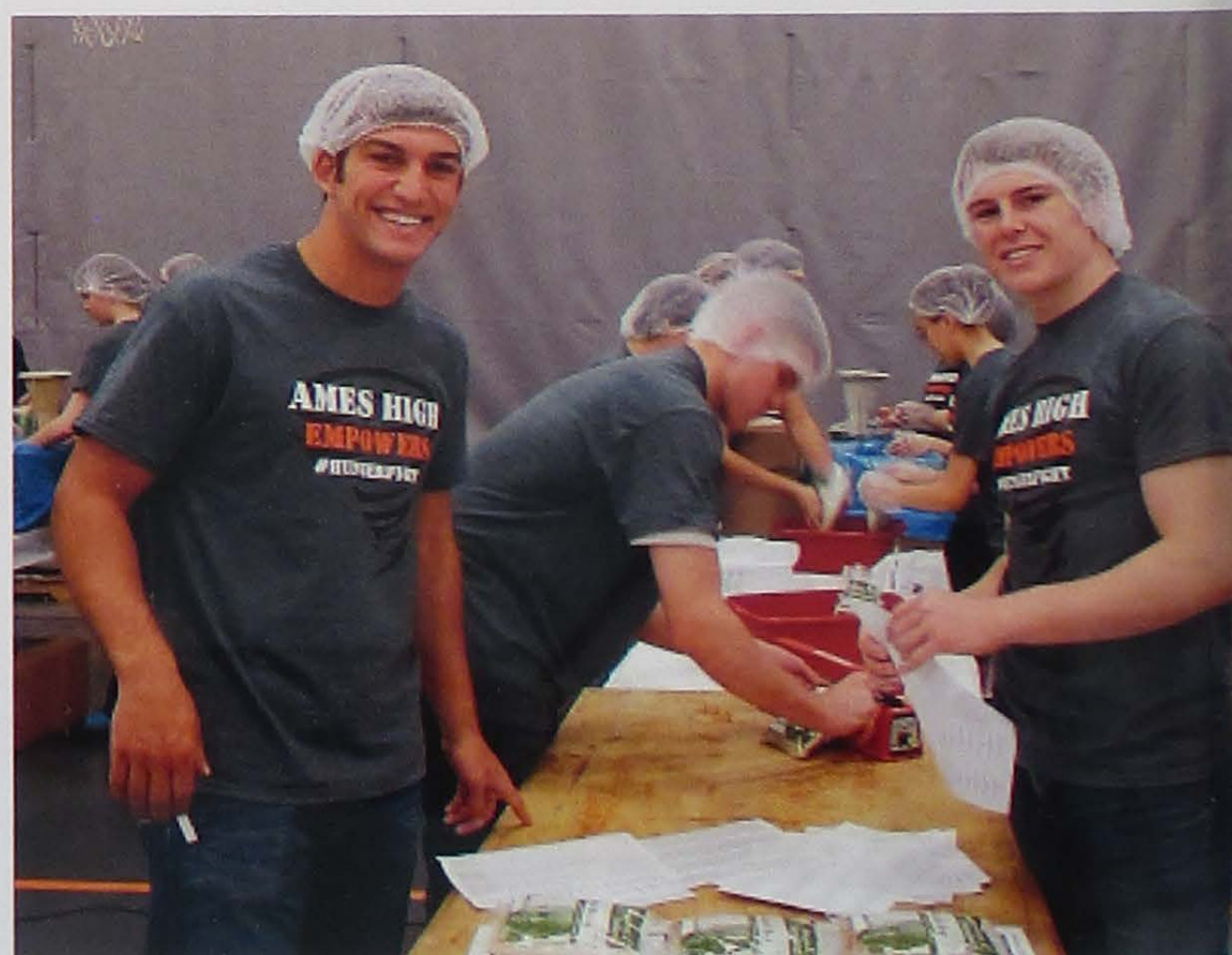
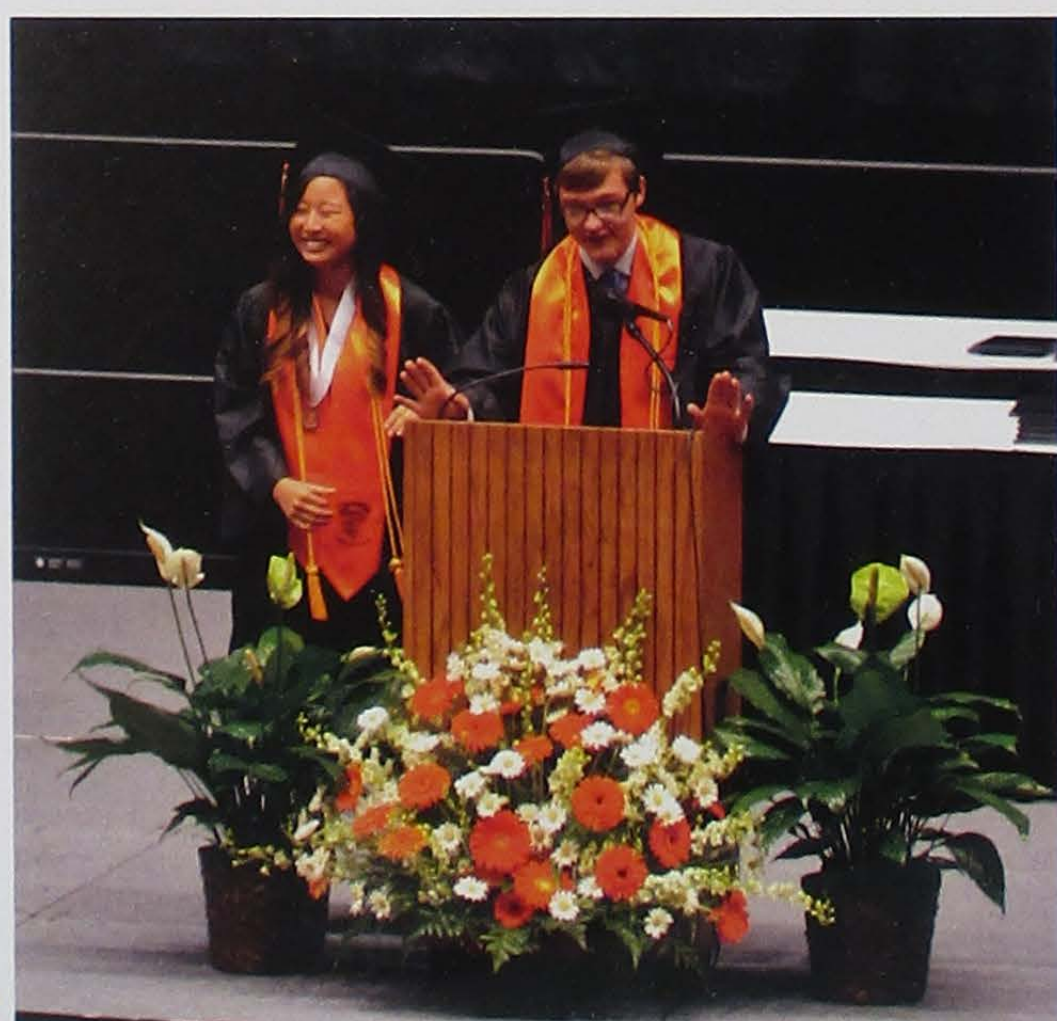
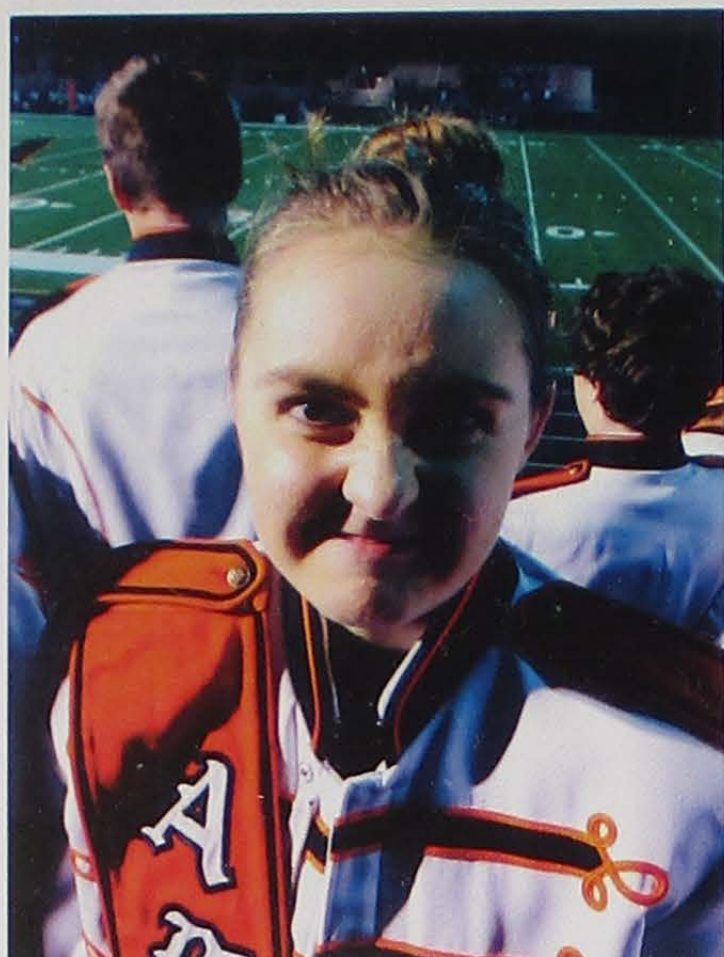


# #AMESHIGHPRIDE





# PEOPLE











Kalyne Abel  
Rakan Alanazi  
Isabella Andersen  
Elena Andrews  
Hector Arbuckle  
Maia Ardoin  
Nicole Aroche  
Alysha Atkinson



Jordan Baker  
Martin Barajas  
Roman Baranov  
Kourtney Barr  
Chloe Barry  
Alexander Bartlett  
Zachary Bates  
Jessica Bayouth



Joshua Benjamin  
Henry Bennett  
Daria Bentley  
James Bentley  
Andrew Berg  
Sara Bergin  
Adam Berryhill  
Alexander Berryhill



Chantz Berstler  
Carter Biedenbach  
Mali Bilstad  
Zoey Bjerke  
Sydney Bown  
Aubrey Branch  
Polyphony Bruna  
Andrew Burras



Zachary Butenhoff  
Brandon Cable  
Emma Cai  
Carson Campbell  
Grace Cannon  
Jessica Canon  
Tyler Carney  
Lauren Cassaidy



Kori Cavender  
Michael Chang  
Channing Che  
Elizabeth Chidester  
Nicole Cho  
Taylor Chumos  
Austin Clayberg  
Kaylee Clendenen



Zachary Clendenen  
Daimon Cloutier  
Mary Cochran  
Ryan Cole  
Blaire Collett  
Hyrum Cook  
Garrett Cooper  
Sofia Correnti



Natalie Cross  
Daemon Crouse  
Beth Cyr  
Valeria Danielson  
Eliza Davis  
Faith Davis  
Martrell Davis  
Thomas Delay



Natalie Deradcliffe  
Noelle Diedrichs  
Luke Dirks  
Charlynn Disalvo  
Selaam Dollisso  
Caleb Donavon  
Dane Dorius  
Trenton Dougan





# (9<sup>th</sup>) freshmen



Tyler Doyle  
Brittnie Dunn  
Abbie Eastman  
Marin Ellis  
Laura Emery  
Josiah Engelken  
Nathan Espeset  
Nicole Essner

Calvin Evans  
Benjamin Eyles  
Halla Ferguson  
Emma Finch  
Jacob Finch  
Karlie Fincham  
Callie Flattery  
Ian Folger

Christopher Fowles  
Julia Franco  
Emily Frescoln  
Kelly Friedrich  
Olivia Galyon  
Israel Garcia  
Gabrielle Gianello  
Claire Gilbert

Brian Glenn  
Eleanor Glenn  
Max Goeders  
Chase Gorman  
Angelica Green  
Erica Guge  
Katelynne Hackwell  
Alexander Haislip

Tyler Harker  
Rachel Harms  
Kylene Harold  
Joshua Harvey  
Madeline Heinen  
Noah Heinrich  
Holly Heintz  
Emily Helmer

Kara Henderson  
Macee Herring  
Escher Hiatt  
Ian Hillier  
Cassandra Hinders  
Megan Hofer  
Sylvia Hollander  
Kyler Holm

Michael Holm  
Jazlyn Horras  
Tate Hustedt  
Jacob Hutchison  
Jarret Hynes  
Matias Ibarburu  
Colton Iiams  
David Imhoff

Isabel Ingram  
Olivia Jenks  
Ryan Jeong  
Kyra Johnson  
Lucas Johnson  
Luke Johnson  
Ryan Johnson  
Natalie Jones

Trinity Jones  
Cydney Kamm  
Kak Kang  
Mackenzie Keeney  
Rucha Kelkar  
Kear Kiir  
Gajin Kim  
John Kim





Sojeoung Kim  
Nicole Kreider  
Hallie Lartius  
Olivia Lauber  
Grace Lee  
Amara Lipsey  
Melissa Liu  
Yuchen Liu



Ayon Lual  
Philip Ma  
Michael Mahrous  
Golara Malaki  
Jacob Marks  
James Maroney  
Srishti Mathur  
Kevin Maxwell



Sarah May  
Tiffany Mayberry  
Alison McHenry  
Stephen McKown  
Lucas McLeod  
Hallie Meier  
McKenna Meinhard  
Grace Melby



Griffin Meyer  
Jeremy Meyer  
Clara Mikovec  
Ryan Mills  
Benjamin Moats  
Hashim Mohamud  
Amber Mohmand  
Cecilia Monroe



Eileen Murray  
Eli Musgrove  
Anna Napolitano  
Kate Nettleton  
Tyler Nord  
Erin Noyes  
Olivia Obrien  
Seamus Oconnor-Walker



Olivia Oppedal  
Alexander Ostendorf  
Jordyn Overton  
Samuel Packard  
Jason Park  
Sang Won Park  
Arrie Parkinson  
Steven Parks



Nathaniel Paskach  
Sonja Paulson  
Tameron Paulson  
Caroline Paxton  
Teresa Pelzer  
Emmerson Peters  
Kaden Peterson  
Noah Peterson



Isabel Polashek  
Mason Porter  
Tyler Postma  
Ryan Pretzer  
Melena Price  
Ethan Purdy  
Kavya Raju  
Anthony Rients



Jielmy Rivera-Pillot  
Jacob Robbins  
Sophie Roberts  
Brianna Robinson  
Oscar Rodriguez  
Benjamin Rogers  
Cole Rogers  
Jack Rogers





# (9<sup>th</sup>) freshmen



Alyssa Romp  
Sean Roose  
Jenna Sapp  
Deeksha Sarda  
Jordan Schlagel  
Nathan Schmitz  
Jonathan Schoenbaum  
Sally Schrunk

Tynan Shahidi  
Taylor Sheeler  
Sarah Shen  
Mitchell Shulman  
Garyn Simpson  
Arie Sirotiak  
Gauge Sletten  
Sophia Sorenson

Lydia Spurgeon  
Dylan Stalter  
Hattie Stenberg  
Anna Stevens  
Benjamin Steward  
Zachary Strohm  
Alyssa Strotman  
Ryan Strum

Samuel Stuve  
Riley Taylor  
Nyomi Terry  
Tori Thomas  
William Tibben  
Derrick Tope  
Cameron Tritle  
Hannah Troyer

Adelina Tuchin  
Taylor Vannoy  
William Vanvoorhis  
Christian Verdinez  
Mari Beth Verhelst  
Zachary Vince  
Tyler Voas  
James Volcko

Tia Wade  
Quintyn Wallace  
Aaron Wandling  
Isak Werner Anderson  
Jeremy Wessels  
Makenzie Weyhrich  
Julia White  
Logan Will

Dion Wilson  
Rebekah Wilson  
Shalynn Wobig  
Peter Woodruff  
Corey Woods  
Clove Woodworth  
Eliseya Wunschel  
Lyra Wyckoff

Tianxin Xu  
Ani Yam  
Kimberly Yin  
Michael Ylonen  
Jamie Zhang  
Jason Zheng

## Not pictured

Rooke Adams  
Ibulwunye Agba  
Ody Alberts  
Cesett Balderas  
Martin Barajas  
Kayla Betchel  
Shon Buchanan  
Corey Burlingame

Lais Delgado  
Miquel Dunn  
Ariana Engelman  
Adam Ensely  
Jonathan Estrada  
Joseph Evans  
Sarah Evans  
Jadzia Faisal-Ford

Najio Fields  
Philip Fry  
Sofia Gauna  
Kevin Gehling  
Erin Guge  
Seth Henschen  
Elizabeth Heyveld  
Olivia Hunt

Danika Hyland  
Kear Kear  
GaJin Kim  
Calvin Leslie  
Elizabeth Lowe  
Janelle Maldonado  
Asif Malik  
Kamran Malik

Nick Matthews  
Nathan Means  
Grace Meyers  
Madison Milani  
Jayden Morrison  
Grace Nelson  
Layk Nollen  
Emmanuella Nybong

Jaden Peterson  
Giovanni Ramirez  
Anthony Rients  
Deeksha Sarda  
Jacob Schoenrock  
Jaden Stubben-Parr  
Tayla Sundberg  
Soma Szabo

Ander Tebbutt  
Melvin Torres  
Jake VanBaale  
Garrett Wiers





Kelsey Adams  
Matthew Adams  
Nickolas Allen  
Humberto Alvarado  
Adriana Alvarez-Hernandez  
Grace Anderson  
Anna Arndt  
Akouj Atack



Chayil Atkinson  
Nahla Atroon  
Michelle Baldrige  
Ross Banach  
Caitlin Barker  
Reid Barker  
Jourdan-Ashle Barnes  
Nicole Barroso



Maximilian Baum  
Booker Bayouth  
Sarah Bell  
Aaron Bendickson  
Lucas Berg  
Rheanna Beyer  
Taylon Blackwell  
Christopher Boeset



Alexander Bohnert  
Devon Boots  
William Bowman  
Sari Brakke  
Naomi Bratsch-Prince  
Nicole Breon  
Benjamin Breshears  
Audrey Brown



Emma Brungardt  
Andrew Bryant  
Alyssa Cano  
Amy Canon  
Katherine Cheaney  
Caitlyn Chellew  
Maya Chen  
Rachel Chin



Lucy Ching  
Hartley Christensen  
Hartley Christensen  
Tiffany Chu  
Rachel Chun  
Chuol Chuol  
Brooklyn Clayton  
Jaden Clemens



Matthew Coder  
Marcus Coleman  
Meghan Collett  
Isabel Collins  
Ethan Constant  
Kyliegh Cowles  
William Crow  
Maggie Culhane



Lane Danielson  
Paritosh Dash  
Jordan Davis  
Carlie Dellmann  
Gabriella Dempsey  
Caleb Devick  
Jacob Devries  
Michael Diblasi



Audrey Diesslin  
Hannah Dietrich  
Jocelyn Digby  
Ana Dispirito  
Caitriana Dolce  
Elizabeth Domek  
Marlene Dorneich-Hayes  
H Downs





# (10<sup>th</sup>)sophomores



Garrett Elrod  
Kyle Emery  
Zack Erickson  
Benjamin Facio  
Caroline Farner  
Ben Feddersen  
Morgen Feeley  
Noelle Flugrad

Jacob Flummerfelt  
Beriah Forney  
Gavin Fowler  
Katie Fukushima  
Madeline Funk  
Thomas Garrett  
Rylee Gibbs  
Inigo Gil-Caseras

Allyson Goodman  
Kyle Grabill  
Andrew Grandgenett  
Mackenzie Grewell  
Rodger Grigsby  
Zoe Groat  
Natalie Grodnitzky  
Bella Gyll

Ethan Hahn  
Holden Hammen  
Zoe Hamstreet  
Julia Hansen  
Samantha Hart  
Maia Hartwigen  
Payton Hartz  
Pierina Hays

Qiaochu He  
Sabrinna Hegelheimer  
Noah Heintz  
Margaret Hoffman  
Joshua Hollman  
Ethan Holtman  
Matthew Holtzbauer  
June Hong

Karina Huisman  
Destiny Hyland  
Elizabeth Jackson  
Jane Joiner  
Cynthia Jones  
Woo Young Joo  
Rachel Junck  
Taylor Junck

Patrick Jurenka  
Atticus Jurgensen  
Nicole Kelly  
Matthew Kerton  
Lauren Kessler  
Regan Kilzer  
Andrew Kim  
Jana Kim

Timothy Kim  
Joseph Kind  
Benjamin Klein  
Grace Koehler  
Lorelle Kraus  
Divyesh Kumar  
Omar Kusow  
Sabrina Lang

Maxwell Lee  
Sofia Lence  
Charlotte Lenkaitis  
Zoe Lenz  
Connor Levy  
Aida Leyva  
Zhi Li  
Aria Lippolis





Kevin Liu  
Quinn Long  
Rosita Lowe  
Christopher Lumley  
Nathanael Lumley  
Zachary Lynch  
Cameron Madson  
Kaden Main



Hayley Martens  
Dakota Martin  
Nasimiyu Masinde  
Jada Mays  
Marc Mbofung  
Cameron Merritt  
Bailee Mesecher  
John Metcalf



Megan Meyn  
Joshua Michael  
Dashawna Miller  
Ananya Mitra  
Taylor Monroe  
Connor Moore  
Kara Moore  
Katelyn Moore



Carter Mumm  
Elanna Neppel  
Lucas Neutzling  
Bailey Newbanks  
Colin Newell  
Chelsea Newhouse  
Phoebe Nicholson  
Lauren Niehm



Joseph Nogel  
Hayley Palensky  
Matthew Pelton  
Joslyn Peters  
Kaitley Peterson  
Madison Phillips  
Alexander Poffenberger  
Spencer Prinsloo



Erin Prochaska  
Adam Rademacher  
Marcus Reecy  
Nicholas Reilly  
McKenzie Reimer  
Reginald Richardson  
Matthew Roberts  
Shelby Roberts



Samantha Rohrssen  
Anna Rood  
Morgan Rosser  
Tala Salti  
Delaney Sanborn  
Lincoln Saxton  
Evangeline Scheibe  
Madeline Schill



Samantha Schmale  
Chloe Schmidt  
Isaak Schmitt  
Jill Schoenrock  
Austin Seibert  
Reyna Serna  
Earl Shedd  
Lillian Shedd



Binaya Shrestha  
Rashidi Simba  
Gracy Snyder  
Miles Snyder  
Reece Soddors  
Jenny Speas  
Madeline Spikes  
Kim Stammer





# (10<sup>th</sup>)sophomores



Rebekah Stammer  
Breanna Stassen  
Josie Stegman  
Bailey Sterk  
Noah Stevens  
Eric Steyer  
Brett Stone  
Agnes Suza

Takeshi Suzuki  
Justin Swenson  
Farhanudin Syed  
Anthony Tang  
Tatiana Tankhai  
Achala Thippeswamy  
Cole Thompson  
Samuel Thompson

Galen Thornburg  
Jakob Tibben  
Jessica Tilley  
Brian Todey  
Brody Tritle  
Madison Tuggle  
Benjamin Tulp  
Michaela Twito

Peter Vanderzanden  
Emma Vanryswyk  
Bradley Vanwyk  
David Vigil  
Harrison Walker  
Logan Wallen  
Carly Watson  
Andrew Weber

Ryan Weiss  
Evan Welk  
Jordan Welp  
Samuel Weninger  
Maria Werner Anderson  
Maxwell White  
Lindsey Widmer  
Tyler Wiersen

Nathaniel Wigdahl  
James Wineinger  
Ryan Wingert  
Jeremiah Witherspoon  
Brady Zalasky  
Joshua Zhao

## NOT PICTURED

Sean Ackerman  
Ashley Alanazi  
Giovanni Alvarez  
Lugo Alvarez Valdiv  
Jorgan Amos  
Made Amous  
Casey Amsden  
James Beetham  
Is Bland  
Sean Brooks  
Egil Caudill  
Igoa Chotkuac  
Christensen Hartley  
Rista Cooper

Emily Draper  
Aken Dut  
Asah Farmer  
Mawra Fazal  
Sabastian Federspiel  
Terrell Ford  
Nyakueth Gatwas  
Maazin Gleisner  
Brittany Goodes  
Jacob Hess  
Luke Hill  
Curtis Howell  
Brooklyn Jackson  
Alden Johnson

Eylul Korucu  
Veronica LaPietra  
Paulina Lavrova  
James Lowe  
Tyrae Manns  
Peter Matthews  
Natasha McDole  
Kahlif McLendon  
Rudy Mendoza  
Marisol Meza  
Destinee Middleton  
Calvin Nguyen  
Sara Nybong  
Koen Pahl

Kevin Park  
Izanna Perry  
Logan Peters  
Osayande Philip  
Zachary Polich  
Christopher Reyes  
Justus Robeson  
McKinley Rohrssen  
Grace Roshiem  
Stephanie Saldana  
Jose' Sandoval  
Nickolas Severson  
Brian Seward  
Katelynn Shaiko

Jeb Shaw  
Katelyn Tehan  
Desiree Thomas  
Carlos Urbina Garcia  
DeTroy VandeKrol  
Justin Vidal-Mullica  
Maria Werner Ande  
Aime West  
James Williams  
Sian Wipf  
Nathan Woodard  
Richard Yang  
Zoe Zoller





Andrea Agard  
Micheal Agbaje  
Julia Albin  
Conor Albinger  
Jay Amin  
Daniel Andreotti



Aisha Arora  
Heavenly Baccus  
Molly Bagnall  
Christian Bannantine  
Kaylen Barnette  
Jaiden Bellet



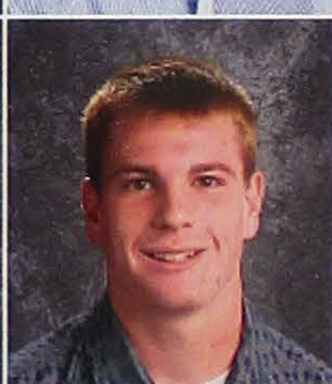
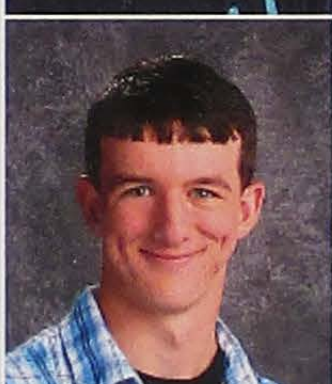
Nora Bensellam  
Abbie Berryhill  
Alexandra Biedenbach  
Joseph Bingham  
Michael Bloom  
Jillian Blum



Jason Bogenrief  
Matthew Boylan Schager  
Emilee Brammer  
Thea Brenner  
Michael Burke  
Braxton Buser



William Buttermore  
Jeremy Cable  
Spencer Cadogan  
Jamie Campbell  
Benjamin Carlile  
Matthew Carlson



Brycen Carney  
Olivia Carter  
Andrew Casady  
Benjamin Cassaidy  
Jordyn Caulfield  
Nathan Chen



Tilden Chen  
Andrew Christensen  
Conner Christensen  
Conner Christensen  
Alexia Clinton  
Mary Coleman

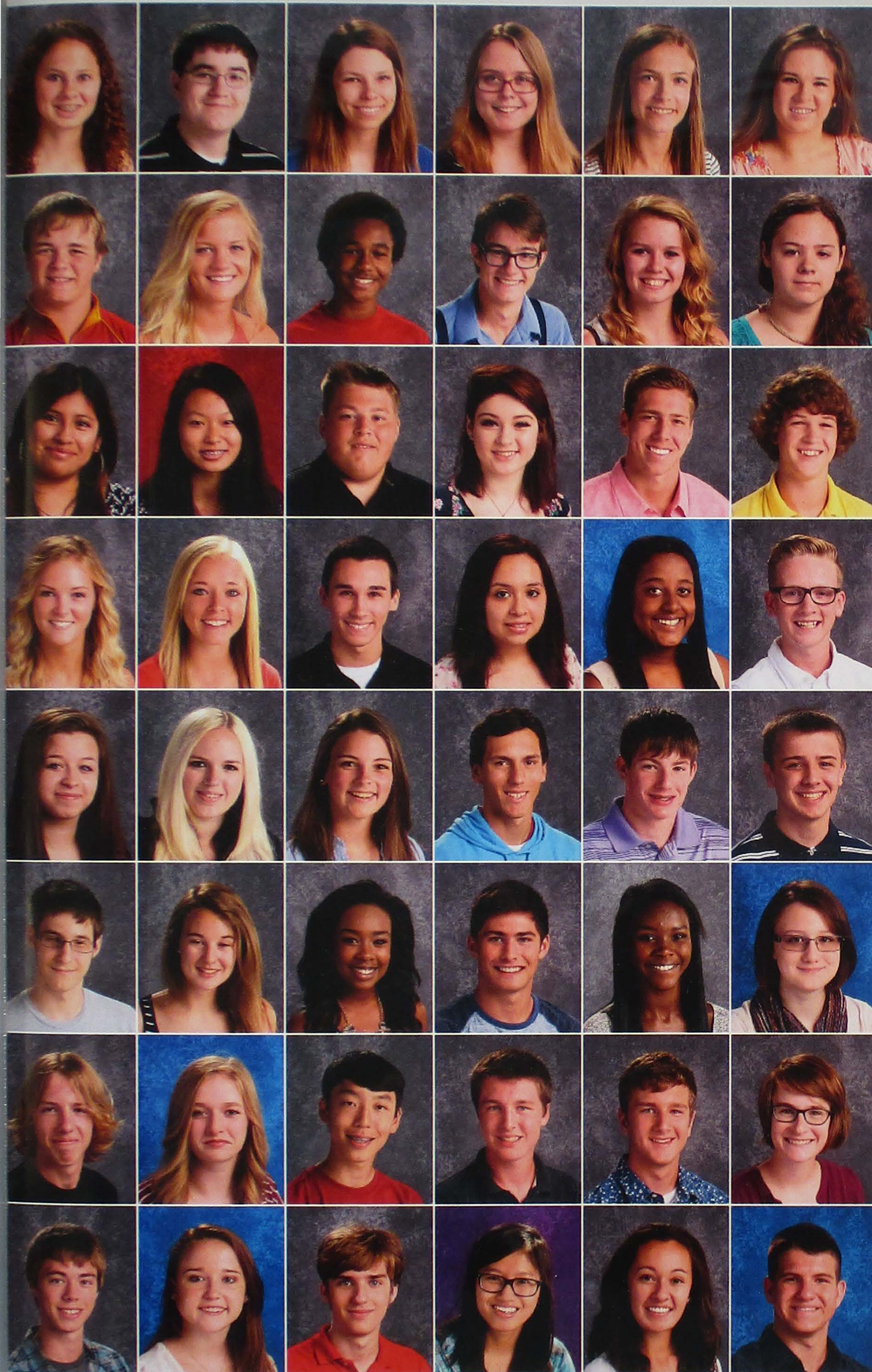


Mikyla Cooper  
Ana Correia  
Kristian Cross  
Anna Cruz  
Noah Dalglish  
Mackinzie Daughton





# (11<sup>th</sup>) juniors



Abbie Dirks  
Christopher Drinnin  
Josephine Dubiel  
Angela Dunkin  
Claire Dupuis  
Jami Eastman

James Elbert  
Lauren Eller  
Mohamed Elsadig  
Maxwell Eness  
Breanna Engelhardt  
Emma Estes

Maria Estrada  
Angela Fei  
Matthew Fowles  
Madeline Franco  
Michael Frankl  
Andrew Frantzen

Sarah Friedrich  
Emily Frisk  
Dalton Gaffney  
Esmeralda Garcia  
Rebekah Gildermaster  
Alexander Gindt

Serena Gochee  
Hanna Greene  
Hannah Greenlee  
Tyler Griffin  
Lee Grim  
Tyler Gross

Alexander Gurganus  
Karin Halverson  
Mariam Hamad  
Jackson Hamstreet  
Fatima Haron  
Roman Hart

Hannah Hartmann  
Alyssa Harvey  
Yushi Hattori  
Cole Haverkamp  
Jack Heikens  
Joanna Held

Ryan Helton  
Katherine Hem  
Fox Henson  
Victoria Herber  
Margit Herrmann  
Jacob Hess





Rana Hewezi  
Mitchell Heyveld  
Bryan Hoff  
Erik Hohnhorst  
Emma Hovick  
Xinyuan Hu



Louis Hurd  
Clara Janzen  
Kenian Jin  
Brandon Johnson  
Jaclyn Johnson  
Laura Johnson



Seth Johnson  
Autumn Jones  
Preston Kabrick  
Elizabeth Kallsen  
Shafim Khoda  
Kyle Kinneer



Joseph Kosterman  
Madalynn Kouba  
Wren Kress  
Adele Krier  
Sophia Kuehl  
Abigail Kummer



Mattie Kupfer  
Lynette Kwaw-Mensah  
Tracie-Lynn Lamoreux  
Michelle Lang  
Damarius Lawson  
Zoey Lazere



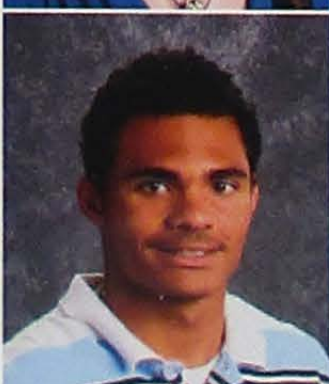
Yejoo Lee  
Alyssa Lehman  
Olivia Leslie  
Ai Li  
Derek Lin  
Toby Linder



Caleb Litster  
Hannah Lohafer  
Madison Lynch  
Kenneth Mack  
Mayte Madrigales-Jose  
Candide Mafuta



Aaron Mann  
Darius Martin  
Joshua May  
Isabel McLeod  
Aspen McNace  
Haley Melby





# (11<sup>th</sup>) juniors



Lena Menefee-Cook  
Nathaniel Metcalf  
Truman Meyer  
George Mikovec  
Donald Miller  
Frank Mirano

Jessica Moats  
Jacob Mooney  
Kylie Morken  
Dominique Mosley  
Antwone Moua-Phonvilai  
Molly Muench

Cara Muentner  
Morgan Mulford  
Robert Muller  
Kate Murray  
Forrest Musgrove  
Annalee Myers

Alec Nagle  
Ashlyn Neppi  
Raegan Nervig  
Johnathan Nielsen  
Sarah Nogle  
Justin Nussbaum

Ryan Palas  
Alexander Palensky  
Nathan Pang  
Dagney Paskach  
Alyona Pearson  
Eimile Peel

Jake Pelton  
Stephon Penberthy  
Dawson Perrin  
Megan Peters  
Regine Peters  
Madisen Peterson

Camille Petrich  
Ben Popken  
Maya Prentice  
Blake Preston  
Matthew Prinsloo  
Serena Qamhieh

Jacob Rains  
Shelby Reeves  
Emily Rehmann  
Jessica Rehmann  
Lila Rice  
Kate Rients





Kimberly Rients  
Samuel Rietz  
Dakota Robinson  
Graceanne Ryken  
Ninni Salminen  
Alexandra\_ali Sandler



Michael Sankey  
Malkan Santiago  
Patrick Schmidt  
Andrew Schmit  
Justin Schoppe  
Hannah Schwartz



Madisen Schweikert  
Brianna Scioneaux  
Sahar Sebghati  
Tavan Shahidi  
Colby Shane  
Ashley Sitzman



Soledad Slowing  
Ryan Smith  
Tereza Smutna  
Noah Snyder  
Francesca Spencer  
Kiana Stadler



Kaleb Stevens  
Timothy Steward  
Emily Stewart  
Emma Stewart  
Joey Stohlmeyer  
Sophie Straub



Endylion Strohman  
Kerry Strum  
Britney Stuart  
Jackson Sullivan  
Benjamin Sulzberger  
Hannah Sumpter



Burhanudin Syed  
Alvin Tan  
Tobie Tankhai  
Brandon Tate  
Lee Taylor  
Natalie Tesdall



Derek Thilges  
Trajan Thornburg  
Nathaniel Thornton  
Anna Tibben  
Laurel Tiedeman  
John Topf





# (11<sup>th</sup>) juniors



Harrison Townsend  
Dyanna Trejo  
Angela Tucker  
Marie Voleko  
Macy Vollbrecht  
Amber Walker

Tina Wandling  
Jack Wannarka  
Alissa Watters  
Shaochong Wei  
Braeden Weyhrich  
Jasmine White

Jordan White  
Robert White  
Justin Wigdahl  
James Wikstrom  
Haley Williams  
Luke Wilson

Chase Wingate  
Alec Withers  
Maria Wohlsdorf  
Erin Wolter  
Gabriel Woodbeck  
Harrison Woodworth

Jill Zmolek

## NOT PICTURED

Ali Ahmed  
Raquel Al-Ham-  
need-Fo  
Amberly Alberts  
Antonio Alvarez  
Valdiv  
Austin Barrientos  
Aea Bonner  
Jackson Breen  
Benjamin Brehm-  
stehen  
Madeleine Bretey  
Trevon Brown

Mariana Casaus  
Jazzmyn Casteel  
Akuei Chiman  
Jonah DeGeest  
Dylan DeKraai  
Noah Dietrich  
Destany Ennis  
Crystal Ensley  
Luke Fernando  
Natalia Fields  
Jonathan Garcia  
Tobias Garcia-Vega  
Branwen Gerard

Austin Hall  
Daijah Hodges  
Terry Jentsch  
Kenian Jin  
Swaesy Johnson  
Sydnee Johnson  
Perry Johnston  
Ben Knudson  
Robert Kroeschell  
Nicholas Leung  
Carlos Alberto  
Leyva  
Isaiah Lovanh

Tim Matthews  
Jeremiah McCurdy  
Alliah McDowell  
Jeremy Mendoza  
Carlton Mennes  
Morgyn Myers  
Romarin Ngapouth  
Matthew Ockler  
Amber Olson  
Grant Pahl  
Isaiah Riker  
Carlos Rivas  
Ariel Rizhsky-

Yakob  
Christopher Rob-  
erts  
Tia Schall  
Aleah Shaheen  
Brittany Shay  
Brandon Spencer  
DeVaughn String-  
fellow  
Selena Sweet  
Eric Swoboda  
Nicholas Tracy  
Scott Trammell

Guan Wang  
Thomas Wilson  
Cheyanne Woods

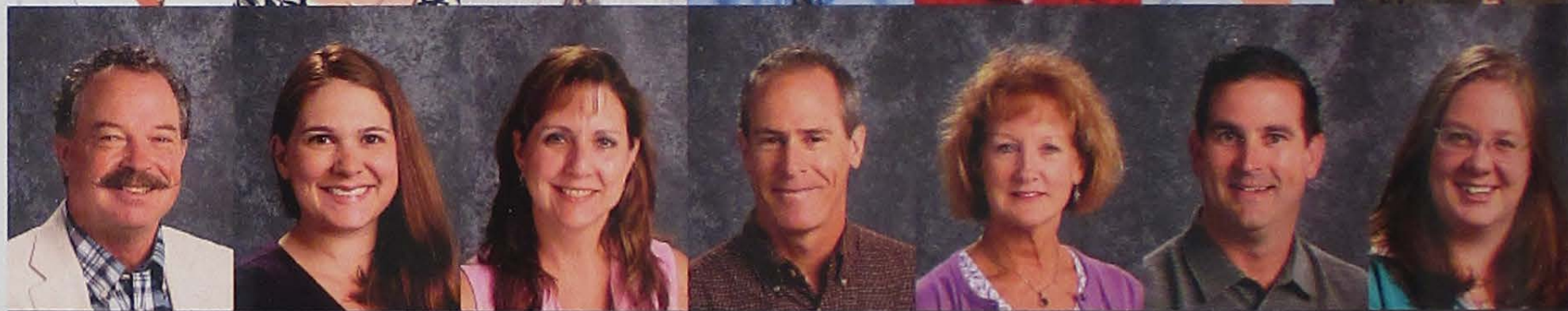


# FACULTY

Candy Albaugh  
Melissa Allman  
Jeffrey Anderson  
Michael Avise  
Lan Beachler  
Monica Behning  
Kay Billings



Craig Boylan  
Elizabeth Brenneman  
Julie Bryant  
John Burke  
Kim Burnett  
William Buttermore  
Melissa Carlson



John Crall  
Anne Deam  
Allison Diblasi  
Peggy Dieter  
Stacy Dobernecker  
Julie Dunkin  
Kate Engelkes



Chris Ewan  
Traci Faber  
Leah Farrington  
Andy Fecht  
Jeanne Foell  
Michelle Fuqua  
Lyndsey Garcia



Cynthia Gillette  
Gary Gorman  
Shelli Hassebrock  
Sonja Hayes  
Stephen Hosch  
Kent Jahn  
Darin Johnson







Trisha Johnson  
Alan Junck  
Mary Kautzky  
Daniel Klass  
Nicole Kuhns  
Ann Lee  
Steven Linn



Melanie Lopez  
David Lunaburg  
Stacey Lyons  
Jenny Lyster  
Monica Marker  
Sally Matters  
Ben Matthies



Shanda Metzler  
Kelly Micalone  
Erin Miller  
Catherine Monroe  
Tim Mooney  
Sunday Ogunsola  
Kathy Packer



Mary Polashek  
Wendi Reger  
Lisa Renze  
Charles Ripley  
Mark Ritland  
Danielle Rossow  
Kirk Schmaltz



Rhonda Schmaltz  
Michael Schmitt  
Ronald Schuck  
Kendall Schuldt  
Holly Sharpe  
Ashley Smith  
Ian Smith



Stuart Sparkman  
Aileen Sullivan  
Joel Sullivan  
Kirstin Sullivan  
Linda Telleen-Martens  
Deanna Tibben  
Mike Todd



Nancy Torkildson  
Carol Vanwaardhuizen  
Bruce Vertanen  
James Webb  
Lindsay Wede  
Delphine Weiss  
Donald Williams

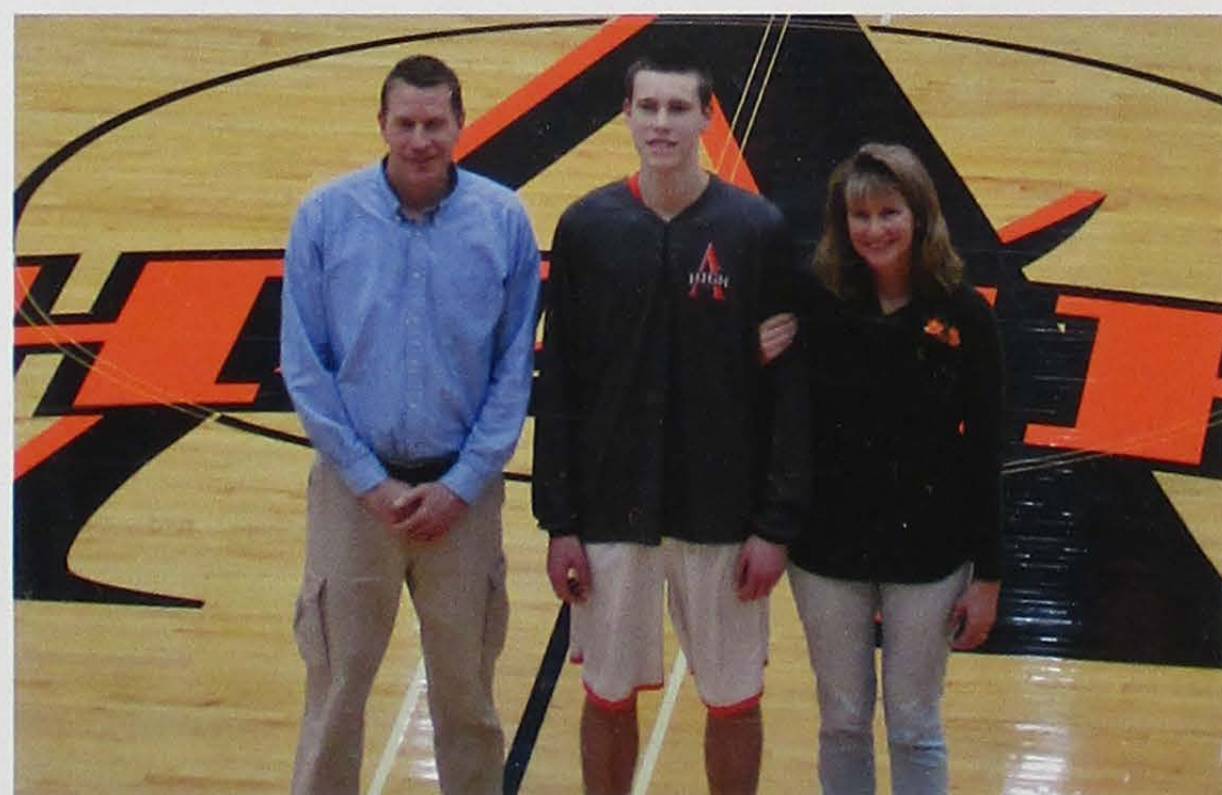


Steven Woolery  
Chad Zmolek









# SENIORS



# The legend of the Cap and gown

In ancient Greece, the highest education was for the very few. It was approached by a group of men, who, in their studies and in a time for the study, before their studies, themselves were in a state of being. The way they are approaching their studies.

Following day, the highest hall was filled with a smiling family. The great moment came when their beloved teacher, a very strict from the young men dressed, not in the garments of the world, each carrying a mortar board - the mark of a scholar.

"What is the meaning of this?" cried the boy dressed in their finest garments. The word to your sons are dressed in the clothing of the world, home with their own, some will build the solid foundation of knowledge."

In this day all graduates wear a cap and gown of education and the fact that they are of our world.

-George



Ames High School  
Commencement Exercises



Sunday, May 17, 2015  
2:00 PM  
Hilton Coliseum

Staff Members, Junior  
Members, Board Members, and  
Guests



# CLASS OF (2015)

## SENIORS



Karman Adams



Kween Agba



Alexander Albin



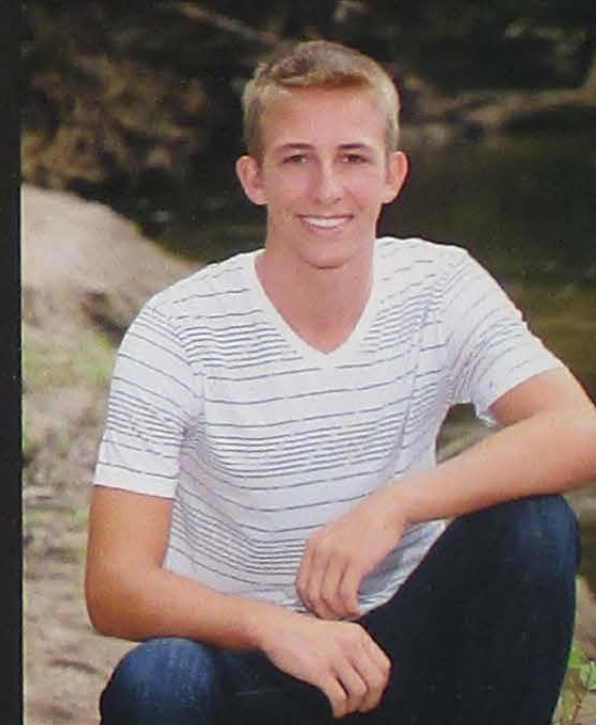
Kailee Allen



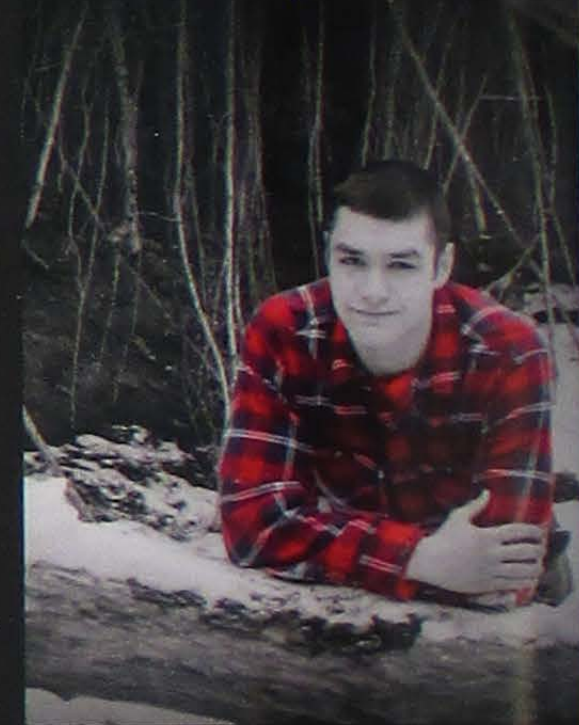
Dakotah Allfree



Jasmine Ambrosio



Ryan Anderson



Jacob Arrowsmith



Nicole Auel



Eric Baldrige



Parmveer Banwait



Brynna Bargfield





Kaitlyn Barr



Lindsey Barroso



Ella Bartlett



Caroline Baum



Rachel Bell



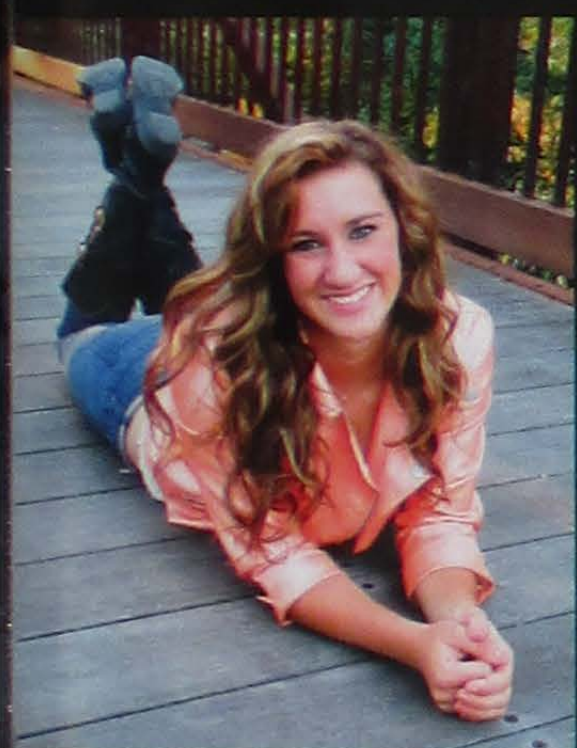
Rebekah Bell



Isaac Bichel



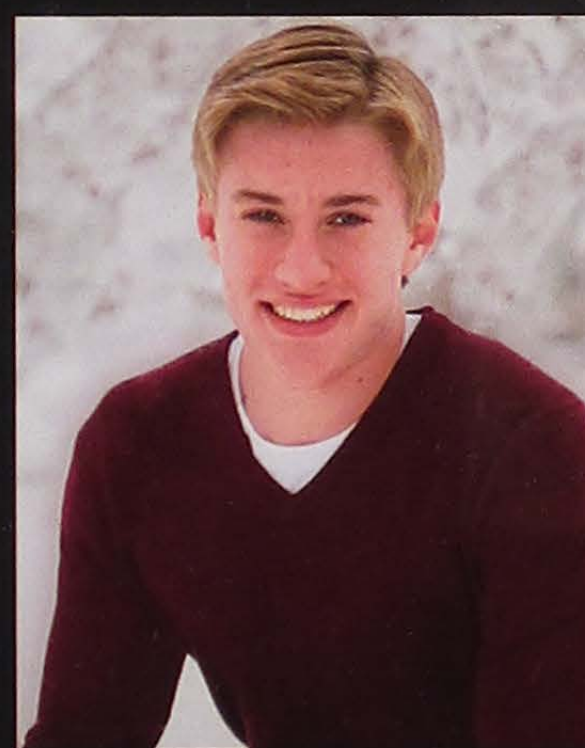
Jonathan Blakeley



Hannah Bloch



Kathryn Blumer



Reed Boman



Huck Borkowski



Anna Bourke



Chelsea Bowers



Payton Boylston

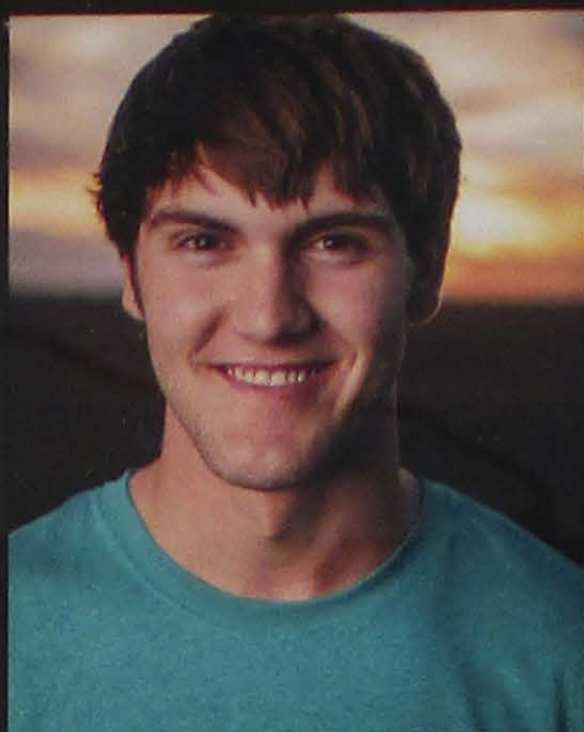


Nicole Bradley





Hope Brakke



Tyler Brase



Elijah Bratsch-Prince



Olivia Brouwer



Jayd Brown



Shay Calendine



Rachel Canon



Emily Carlson



Bridget Carney



Katie Cattanach



Ania Chamberlin



Martin Chamberlin



Abigayle Chase



Stephanie Cho



Kang Chotkuac



Thomas Clem





Katherine Cloud



Christina Cloyd



Jacob Coder



Katherine Codner



Jared Coleman



Sydney Cosman



Alexa Cross



Kelanie Crosswait



Katherine Culhane



Evan Culver



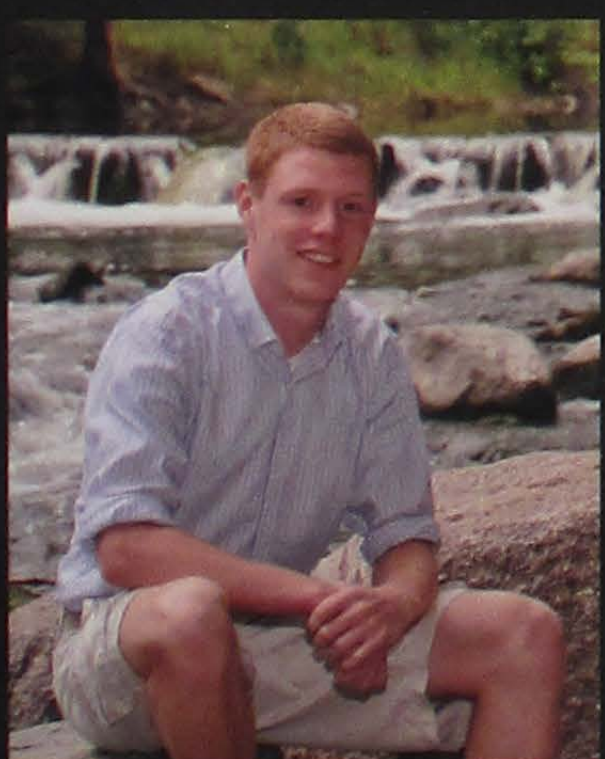
Tessa Cunningham



Alexander Dellman



Jordan Denny



Joel Devick



Abby Dieter



Zakkry Duff





Esther Dunne



Roosevelt Edmond



Hannah Eickholt



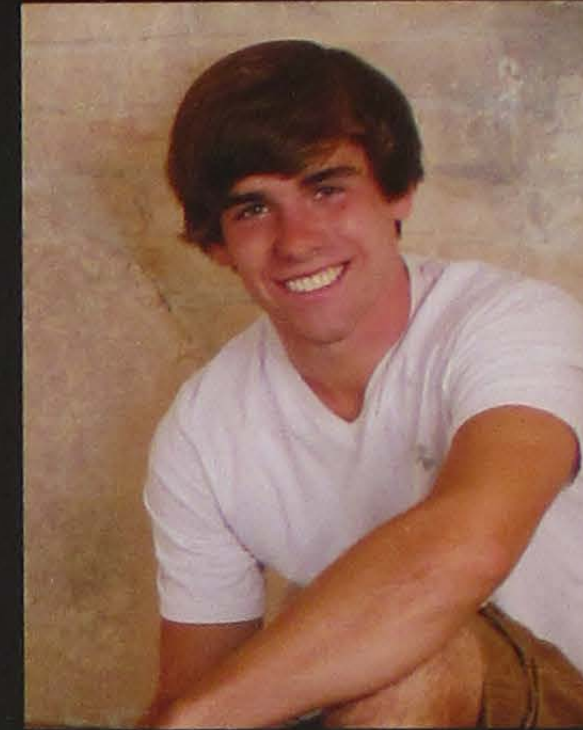
Gage Eller



Andrew Ellis



Devin Ellsworth



Joshua Engelken



Jacqueline Engelman



Sarai Estrada



Judith Fan



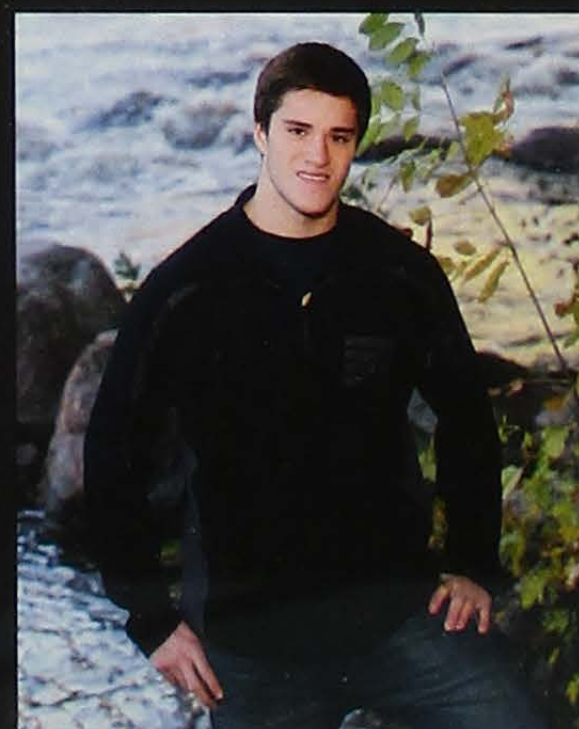
Savannah Farner



Jacob Feddersen



Veronica Fisher



Derek Fitzgerald

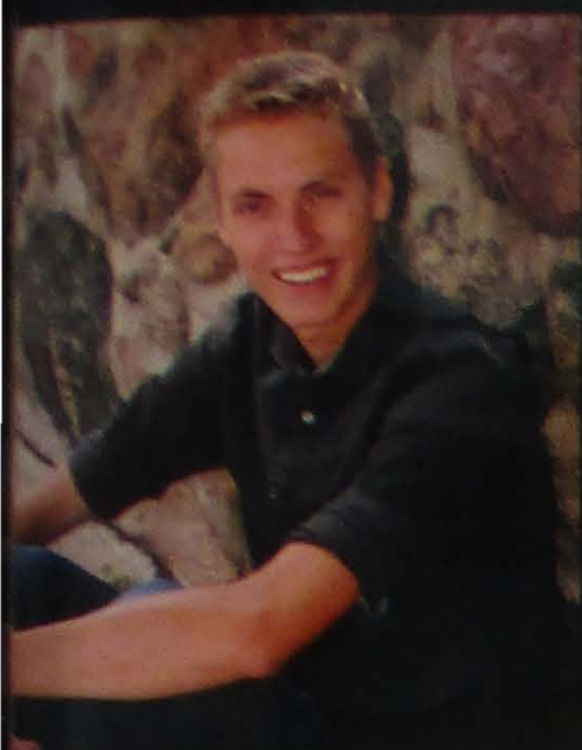


Matthew Flummerfelt

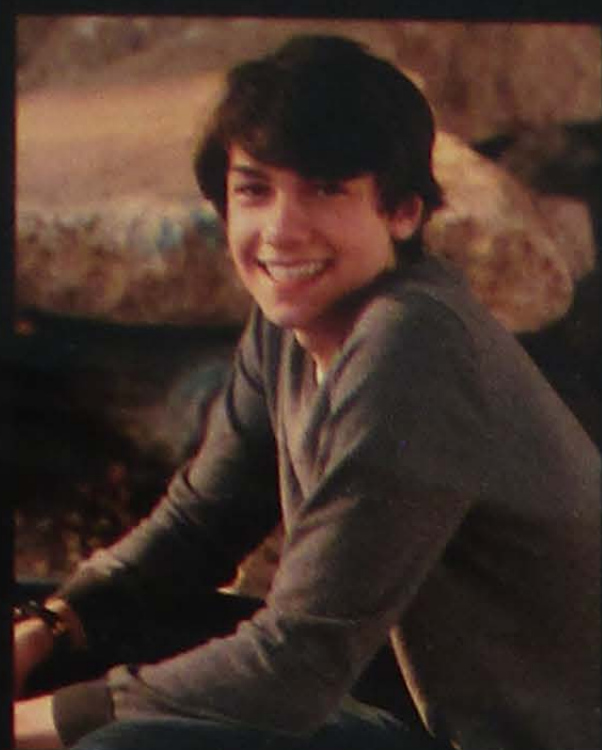


Andrew Foegen





Charles Forney



William Fowler



Megan Fox



William Franke



Maria Freeman



Kristen Frueh



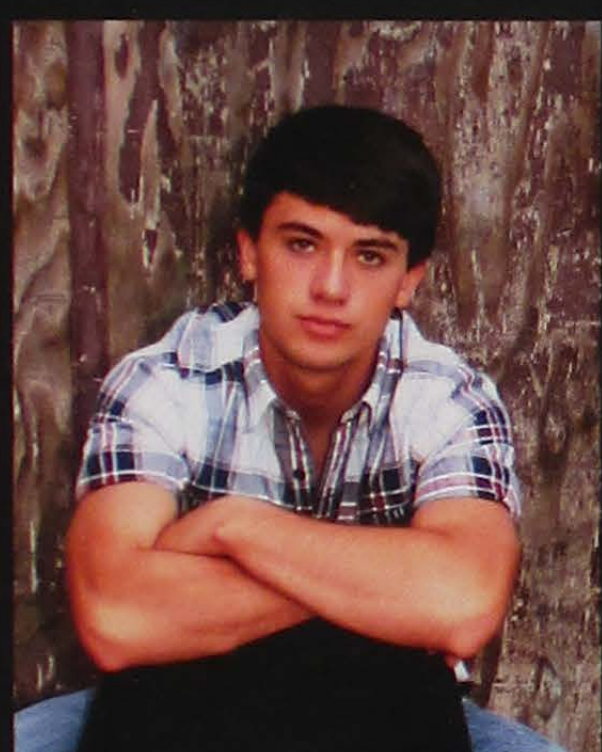
Elizabeth Gartin



Nyawora Gatwas



Lauren Gentile



Benjamin Gerritson



Suzanna Gilbert



Jonah Glenn



Brendan Gorman



Keith Grabil



Emily Greene



Jeremy Grzywacz

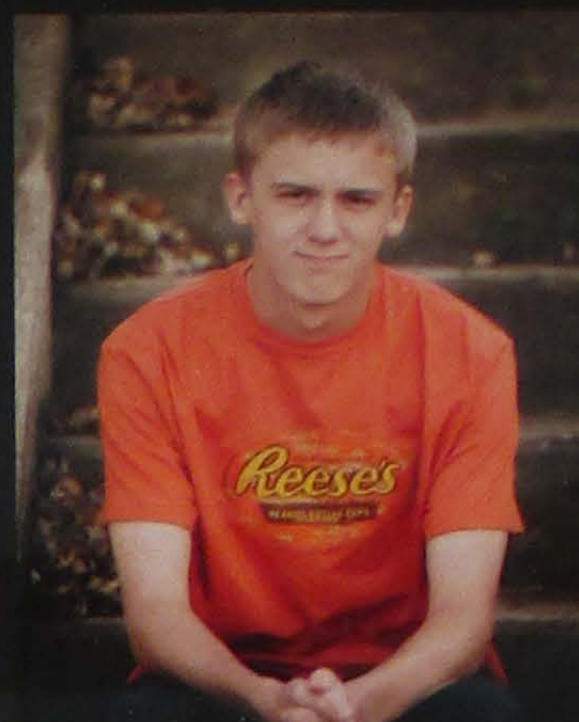




Taylor Hagley



Christopher Halbur



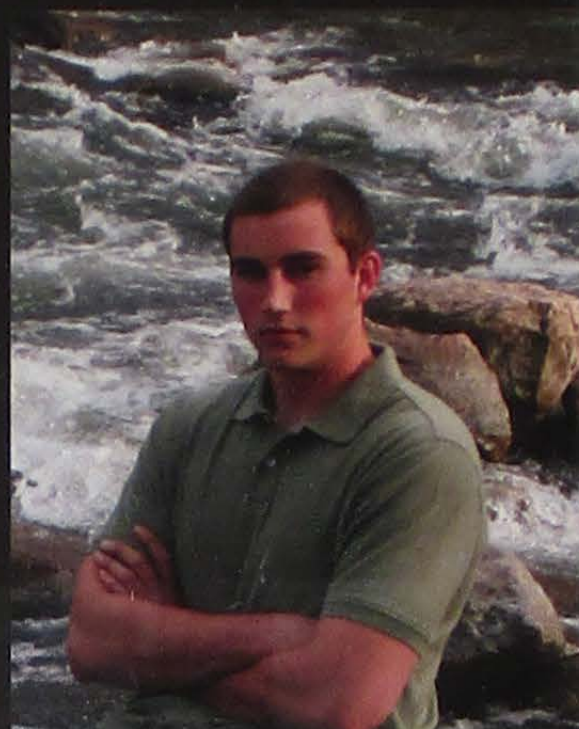
Bryan Hall



Colby Hansen



Amber Harrata



William Hays



Taylor Heggen



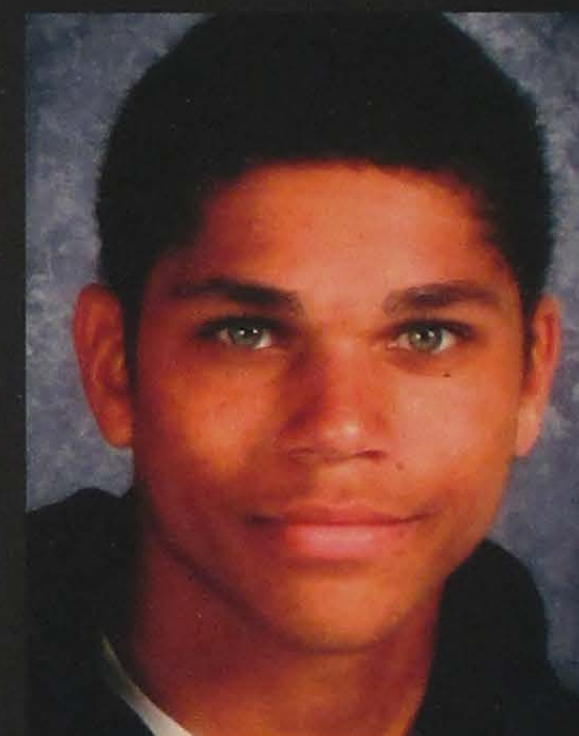
Luke Heilman



Kimberly Hem



Logan Hemmen



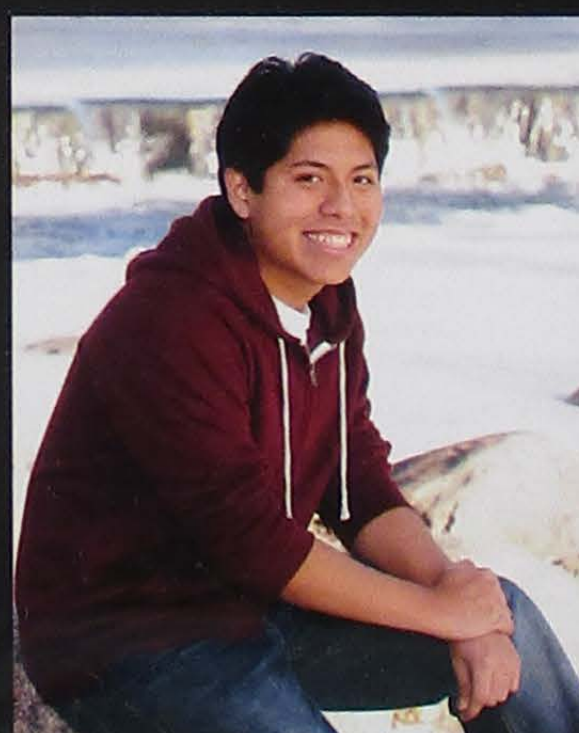
Kirk Hendricks



Megan Henschen



Elise Hill



Andy Hinojo



Shaffron Hoff



Michael Holtzbauer





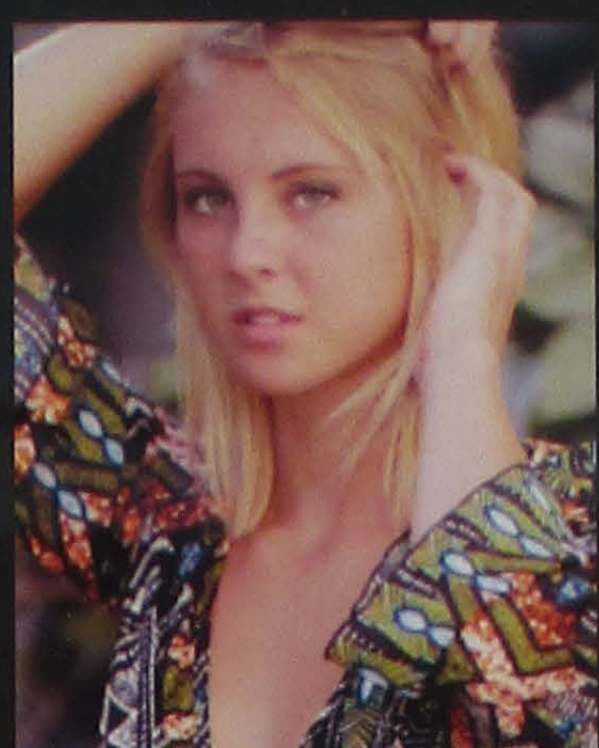
Eryn Huff



Nadia Huffman



Anna Imhoff



Margaret James



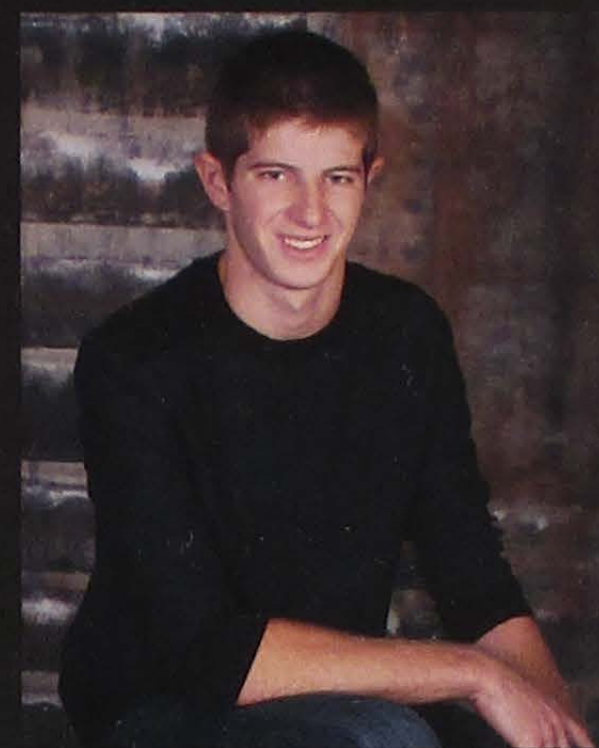
Alexandria Jarvis



Patrick Jasper



Travis Jergens



Benjamin Joerger



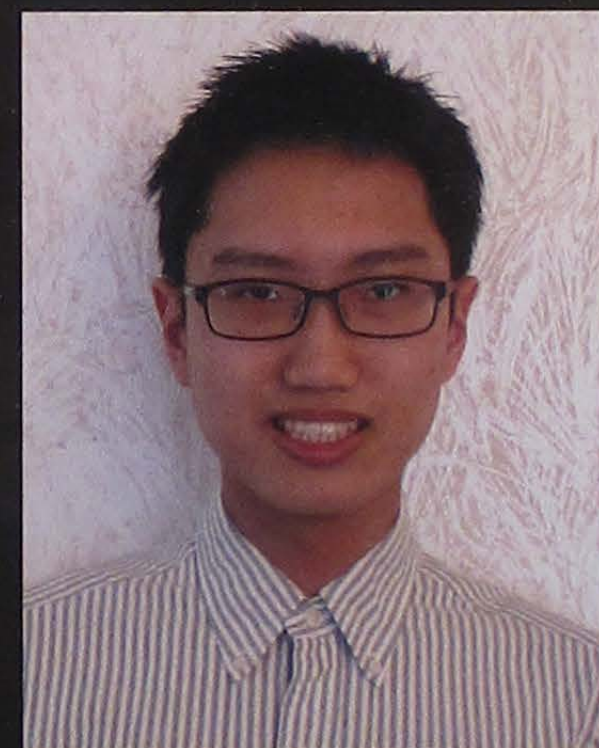
Conor Johnson



Lillian Keitges



Mykah Kennedy



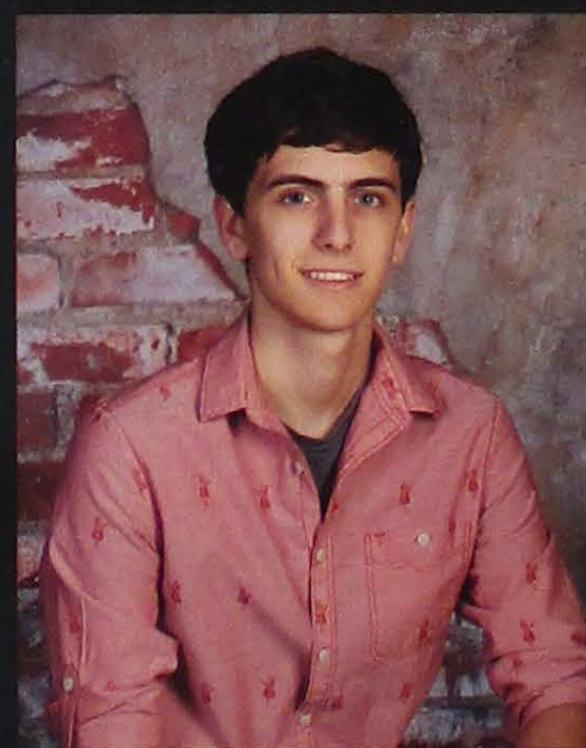
James Kim



Rachel Kim



Jenna King



Kyle Kirts



Max Kleitsch Santos





Isaac Lauber



Alexander Lee



Ellie Lemer



Austin Lemper



Luke Lenhart



Aaron Lewis



Jakelinee Linares



Jacob Linch



Hannah Lindsey



Phaedra Lipsey



Austin Lohman



Melanie Long



Anna Lorenz



Christian Manahl



Isabel Manahl



Kira Mann





Olivia Mann



Kira Marcott



Aaron Marner



Caroline Marnin



Brenda Martinez



Mayra Martinez



Kathryn McCarville



Sarah McCunn



Magdalene McGee



Sydney Meier



Amelia Merchant



Julia Meyer



Haley Meyers



Aleeza Mian



Whitney Mikesell



Peter Miller





Grace Mills



Hope Mills



Madison Mills



Akash Mitra



Vincent Montobon



Charles Mooney



Joshua Moore



Megan Muegggenberg



Allison Mullen



Hannah Mumm



Alexandra Munn



Austin Murray



Jessica Murray



Macy Myers



Samuel Nettleton



Jordan Newbanks





Andie Newell



Ashley Nogel



Ho-Won Noh



Sarah Norvell



Anna Ogilvie



Forrest Oh



Craig Orman



Alicia Orr



Melvin Osanya



Mary Orero



Amahirany Oyervidez



Madison Packer



Angelica Parsons



Serena Paulson



Brenna Peterson



Katherine Petersen





Makenna Peterson



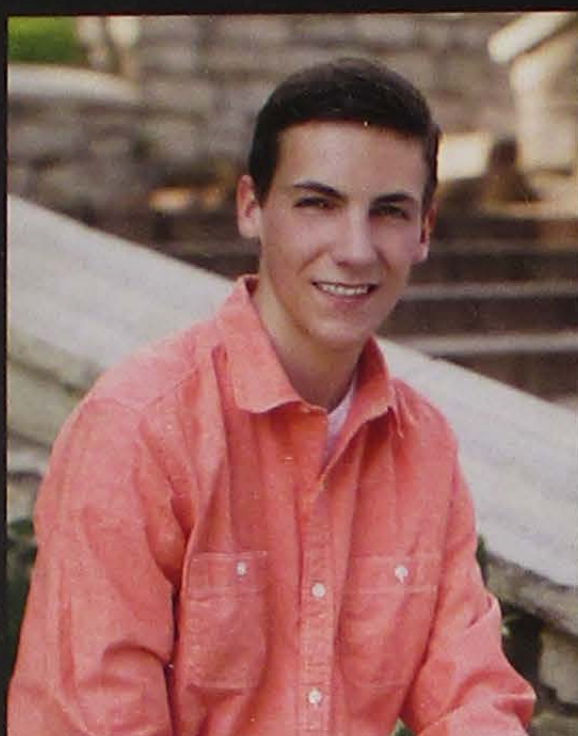
Kenneth Prell



Hannah Preston



Zoe Pritchard



Evan Prochaska



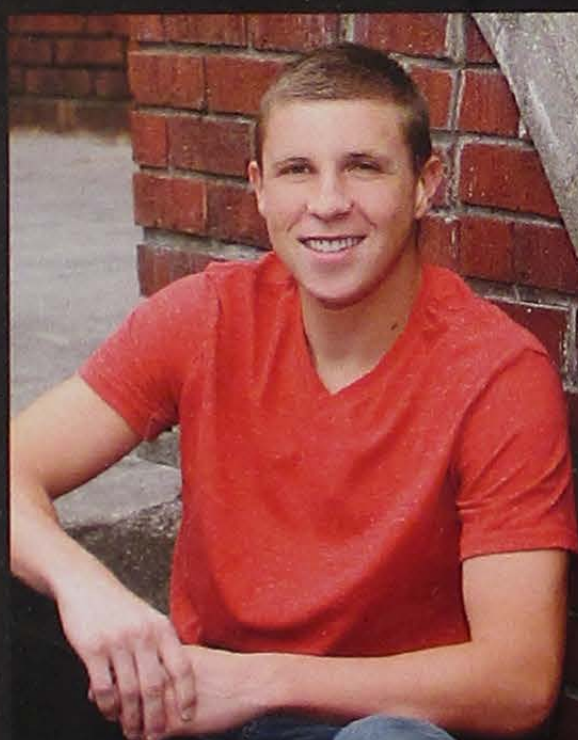
Makenzie Putz



Catherine Quant



Brandon Raitt



Samuel Rathe



Nickolas Reecy



Elizabeth Reilly



Quentin Reiner



Daniel Rivera Colon



Carissa Roberts



Samuel Robertson



Caleb Rogers





Hannah Rollins



Taylor Rood



Austin Rowland



Rylan Rudd



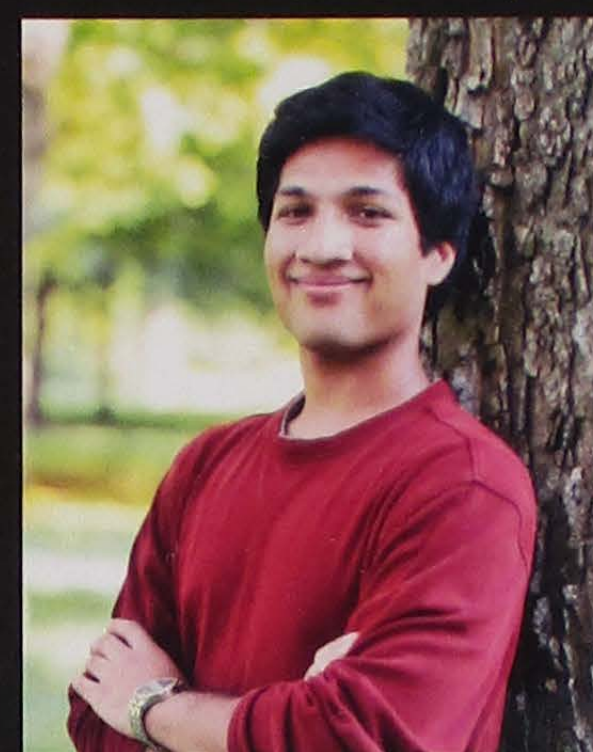
Katherine Sailer



Alyssa Sailor



Molly Sanders



Rahul Sarkar



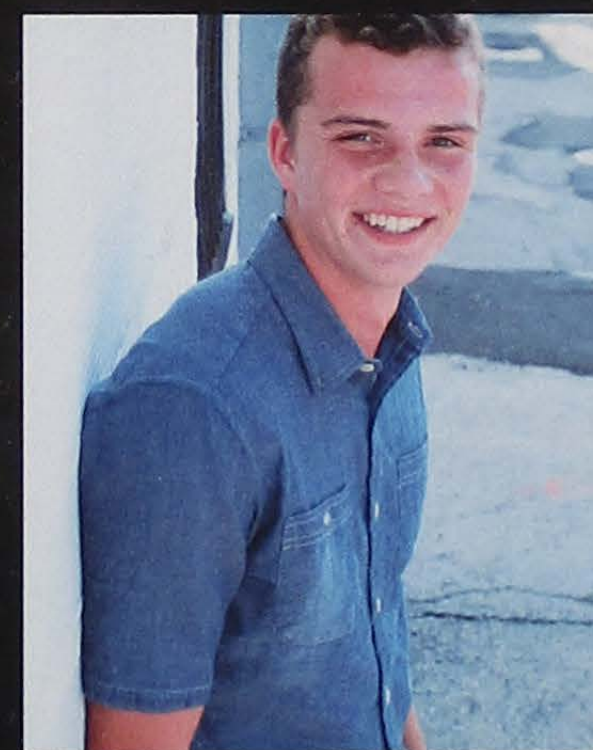
Olivia Sauer



Jacklyn Saylor



Jessica Scharpenter



Kyle Schaudt



Grace Scheibe



Keila Serna



Saba ShaarbafToosi

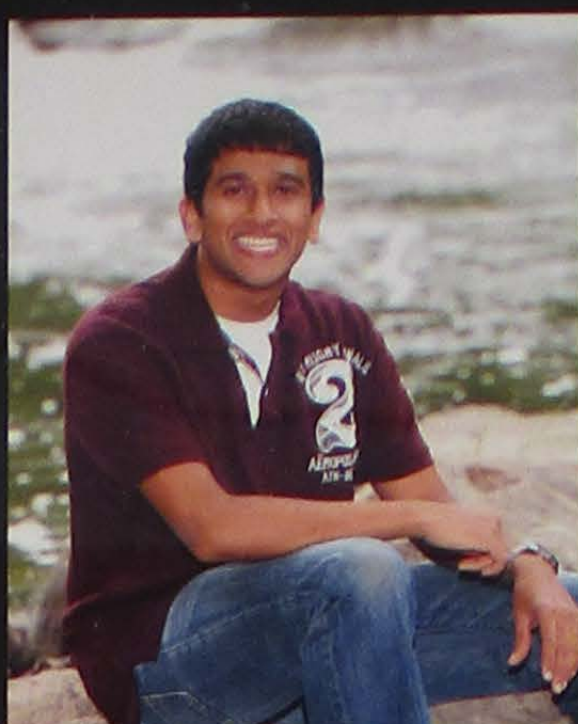


Stephanie Shin





Emma Sillman



Hari Sivaskandan



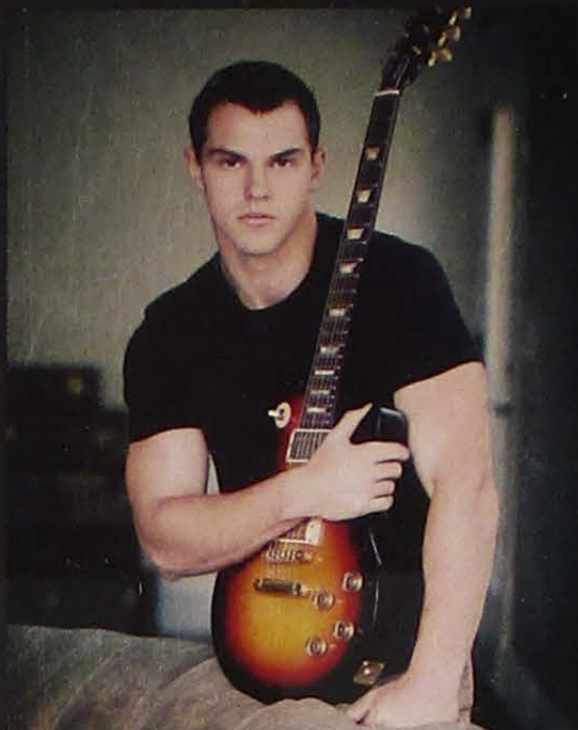
Leah Smith



Luke Smith



Shaniah Smith



Christian Sorrentino



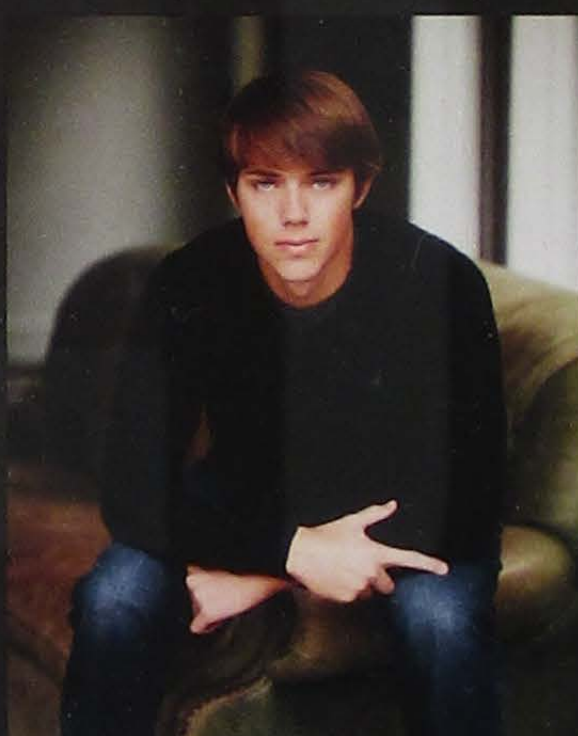
Michael Spencer



Ian Steenblock



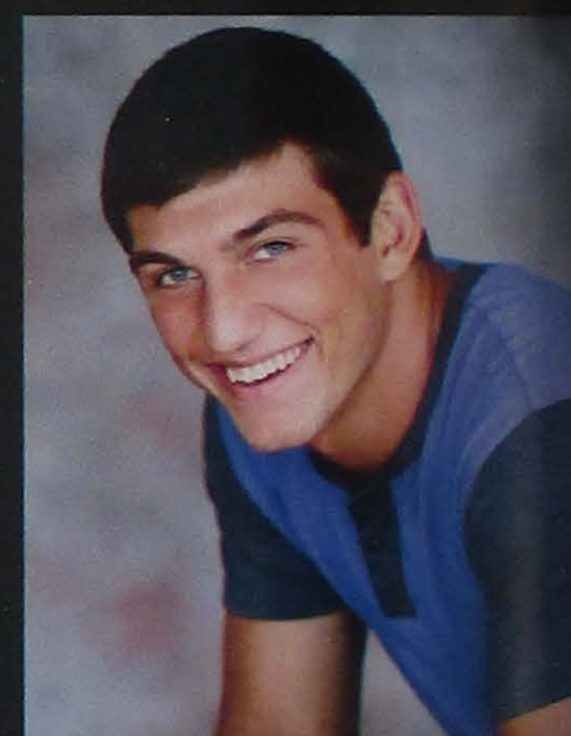
Rebekah Stevens



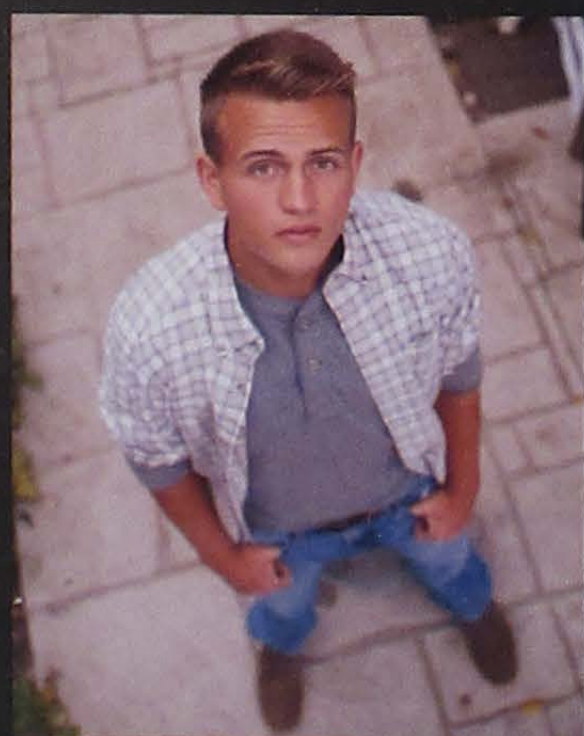
Jake Stone



Nicholas Stott



Harrison Swalla



Jack Swanson



Kushan Tyagi



Dane Van Allen



Nina Vanderzanden





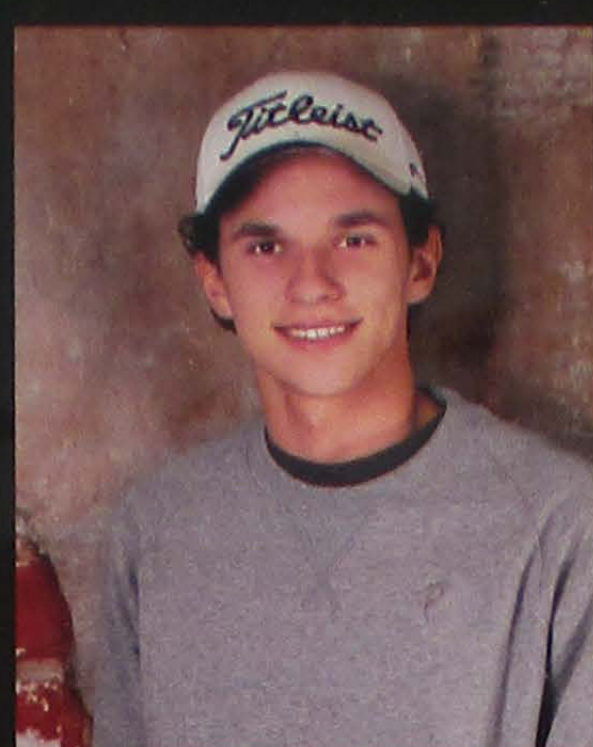
Reid Van Marel



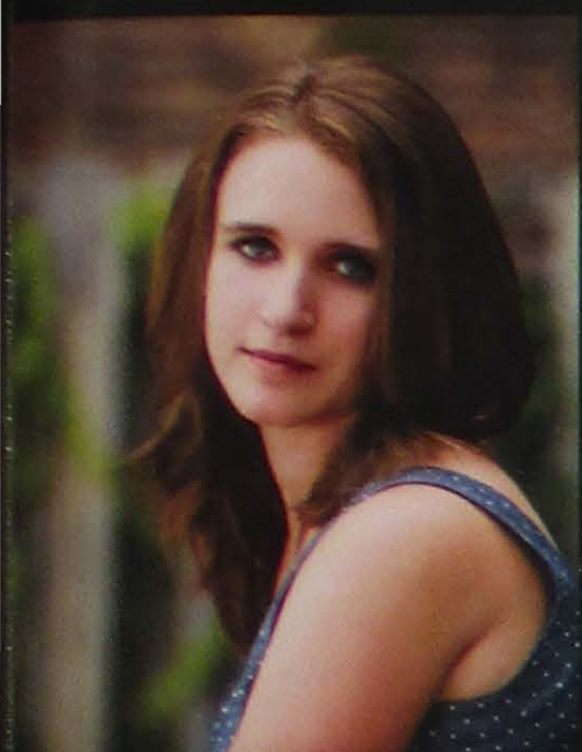
Olivia Van Weelden



Rachael Walker



David Wallace



Elyse Warrick



William Weber



Jacob Weeces



Walker Weiss



Colin Welk



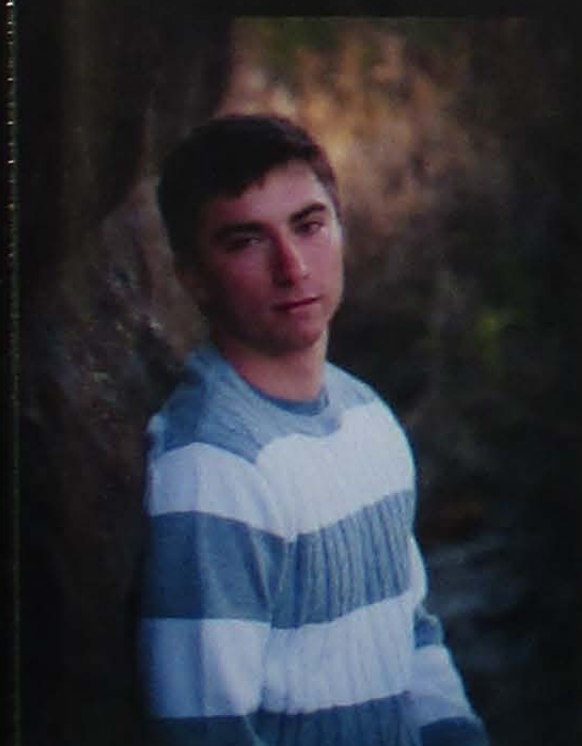
Austin White



Javan White



Andrew Wiebke



Christian Woodard



Zachary Woodbeck



Marissa Woodsmall



Kevin Xu





Yichen Xu



Jihun Yoon



Zhenqi Zhou

## NOT PICTURED:

Kyoungbin Ahn  
Atem Akok  
Alex Amsden  
Aurora Anderson  
Robert Arms  
Austin Arthur  
Ahmed Atroon  
Rocio Avila  
Kaitlyn Beenken  
Thomas Burbey  
Triston Camacho  
Danny Caudill  
Marina Chadd  
Daniel Chan  
Kuol Chol  
Kang Chotkuac  
Kyla Crabb  
Nathanial Deal  
Isaiah DeVan  
Hannah Eickholt  
Nicholas Ellis  
Abigail Engelman  
Chance Ennis  
Brady Flattery  
Brittany Flowerday  
Johannes Gassman  
Nicholas Gaylord  
Thomas Geater  
Rhannon Gerard  
Richard Gilligan  
Alexis Guerra  
Marya Hall  
Jacqueline Howlett  
Micheal Jennings  
Travis Jergens  
Lucas Johnson  
Tevin Jones  
Kourtney Killins  
Grant Koehler

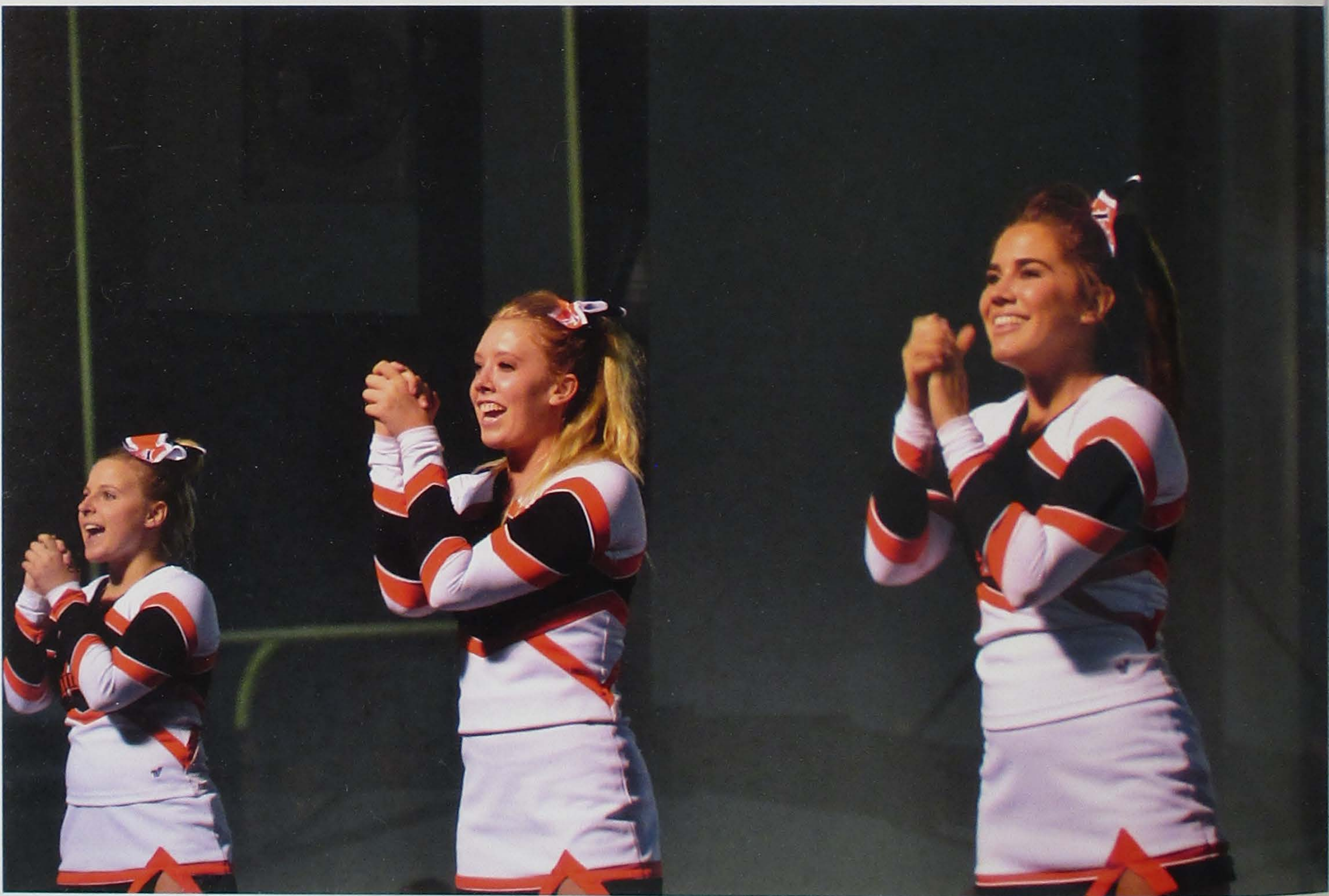
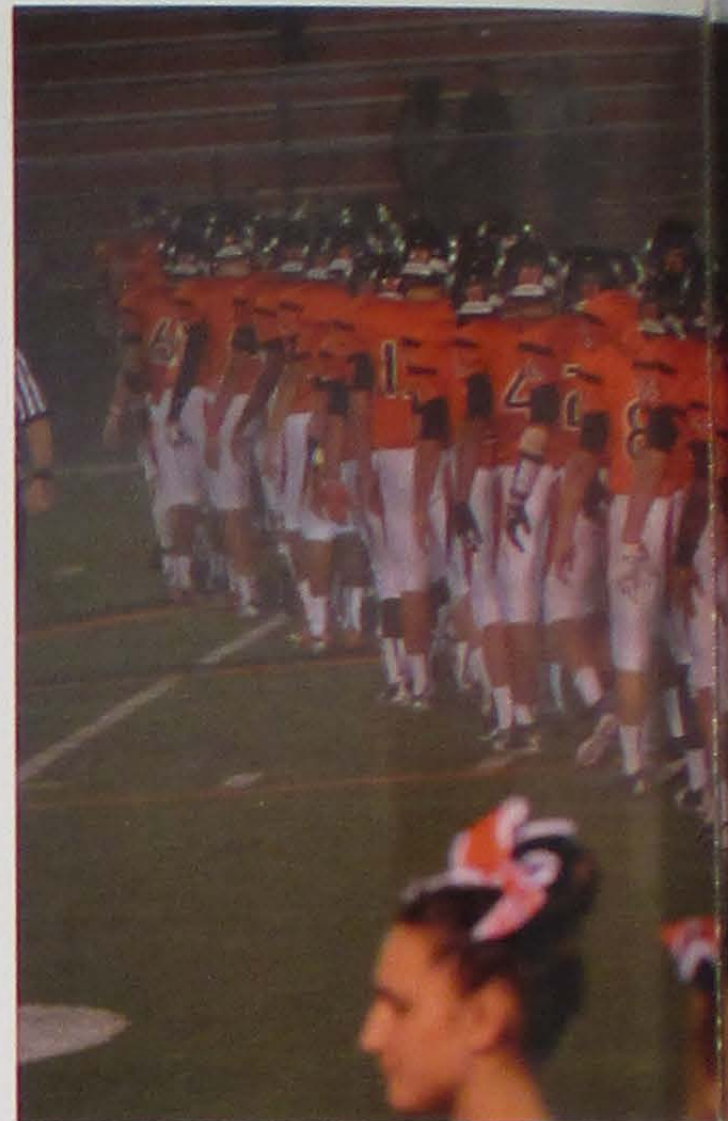
Andi Li  
Jakelinee Linares  
Austin Lohman  
Anna Lorenz  
Julia Martin  
Nathan Matthews  
Zachary McDowell  
Tyler McKenna  
Chloe Melby  
Preston Mesecher  
Julia Meyer  
Jonah Miller  
Maleah Mimnaugh  
Akash Mitra  
Charles Mooney  
Tavimbanashe Musumhi  
Ali Naraghi  
Isaac Nelson  
Kevin Norton  
Cheltea Ona  
Craig Orman  
Ray Peterson  
Rio Phasavath  
Cody Prom  
Bradley Purdy  
Quentin Reiner  
Dalton Robey  
Cristhoper Sanchez  
Zoe Sirotiak  
Rachael Stammer  
Nicholas Stott  
Sage Stubben-Parr  
Hailey Tebbutt  
Rachel Thevenot  
Scott Thomas  
Nina Van Der Zandern  
Seth Wishman  
Daniel Wong  
Ani Yam













# SPORTS

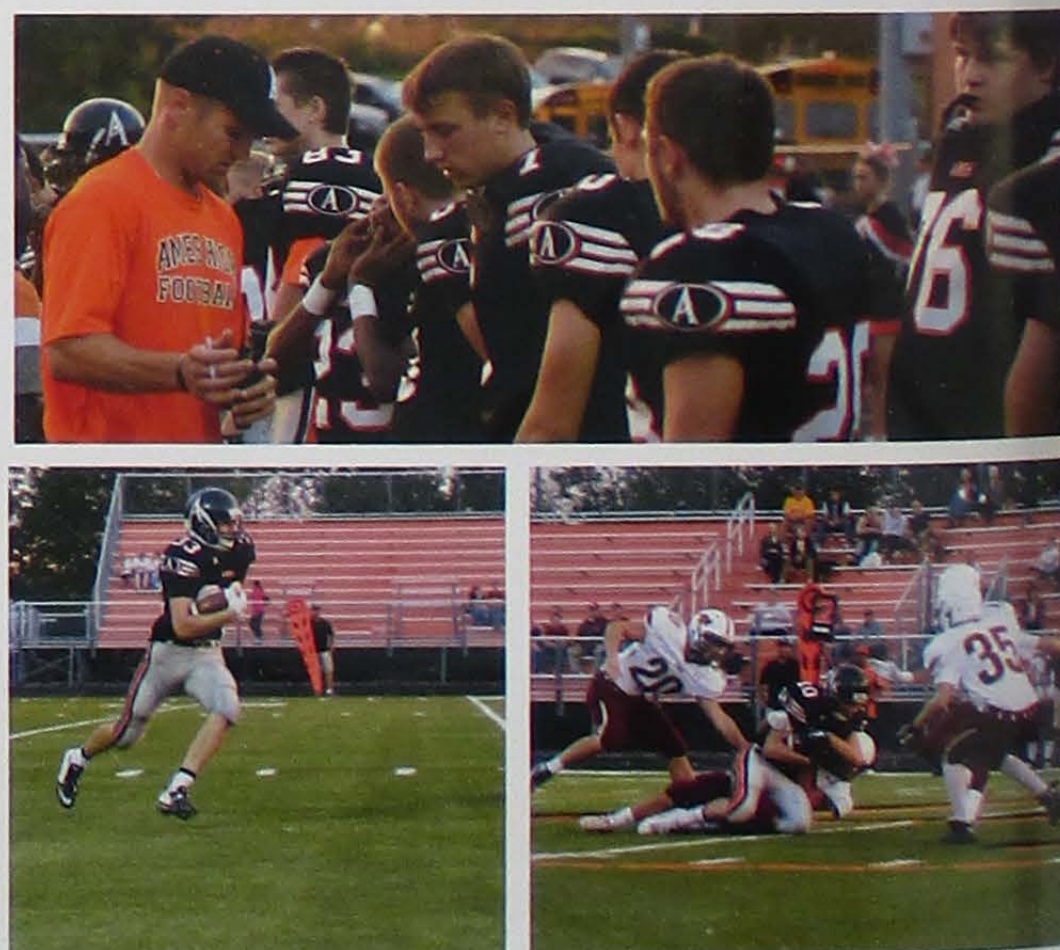




# Varsity Football



Listed alphabetically: Micheal Agbaje, Alexander Albin, Ahmed Atroon, Michael Burke, Jeremy Cable, Akuei Chiman, Andrew Christensen, Thomas Clem, Kristian Cross, James Elbert, Gage Eller, Josh Engelken, Matt Flummerfelt, Matthew Fowles, Michael Frankl, Andrew Frantzen, Ben Gerritson, Tyler Griffin, Ethan Hahn, Chris Halbur, Colby Hansen, Mitchell Heyveld, Michael Holtzbauer, Travis Jergens, Jared Larson, Aaron Lewis, Darrius Martin, Preston Mesecher, Frank Mirano, Kirk Moody-Hendrick, Jacob Mooney, Tavimba Musumhi, Colin Newell, Melvin Osanya, Stephon Penberthy, Adam Rademacher, Jacob Rains, Sam Rathe, Samuel Robertson, Dalton Robey, Caleb Rogers, Justin Schoppe, Tavan Shahidi, Colby Shane, Kaleb Stevens, Jake Stone, DeVaughn Stringfellow, Hank Swalla, Derek Thilges, Harrison Townsend, Jack Wannarka, Christian Woodard, Harrison Woodworth





# Sophomore Football

Listed alphabetically: Casey Amsden, Reid Barker, Taylon Blackwell, Christopher Boeset, William Bowman, DaiSean Brooks, Jaden Clemens, Marcus Coleman, Zack Erickson, Benjamin Facio, Sabastian Federspiel, Jacob Flummerfelt, Terrell Ford, Ethan Hahn, Matthew Holtzbauer, Joseph Kind, Maxwell Lee, Christopher Lumley, Nathanael Lumley, Marc Mbofung, John Metcalf, Joshua Michael, Carter Mumm, Clin Newell, Joseph Nogel, Adam Rademacher, Reginald Richardson, Lincoln Saxton, AJ Seibert, Nickolas Severson, Noah Stevens, Sam Thompson, Peter VanDerZaden, Logan Wallen, Maxwell White, Ryan Wingert, Nathan Woodard



# Freshman Football



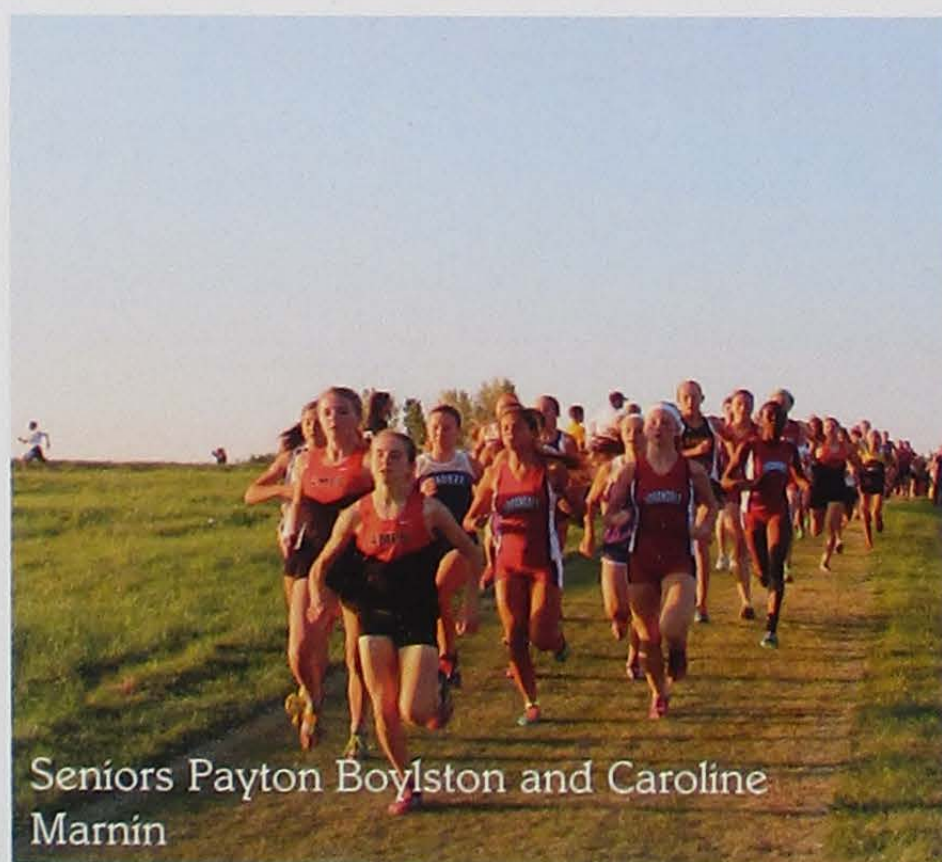
Listed alphabetically: Cody Alberts, Jordan Baker, Aubrey Branch, Deshon Buchanan, Zachary Butenhoff, Brandon Cable, Austin Clayberg, Zachary Clendenen, Daimon Cloutier, Martrell Davis, Caleb Donavon, Tyler Doyle, Miquel Dunn, Josiah Engelken, Joe Evans, Christopher Fowles, Max Goeders, Chase Gorman, Alexander Haislip, Tyler Harker, Tate Hustedt, Colton Iiams, Lucas Johnson, Kevin Maxwell, Kelvin Miller, Hashim Mohamud, Jayden Morrison, Tyler Nord, Jack Rogers, Benjamin Rogers, Cole Rogers, Tynan Shahidi, Gauge Sletten, Sam Stuve, Melvin Torres, Darian VandeKrol, William Van Voorhis, Christian Verdinez, James Volcko, Aaron Wandling, Garrett Wiers, Dion Wilson, Peter Woodruff, Michael Ylonen



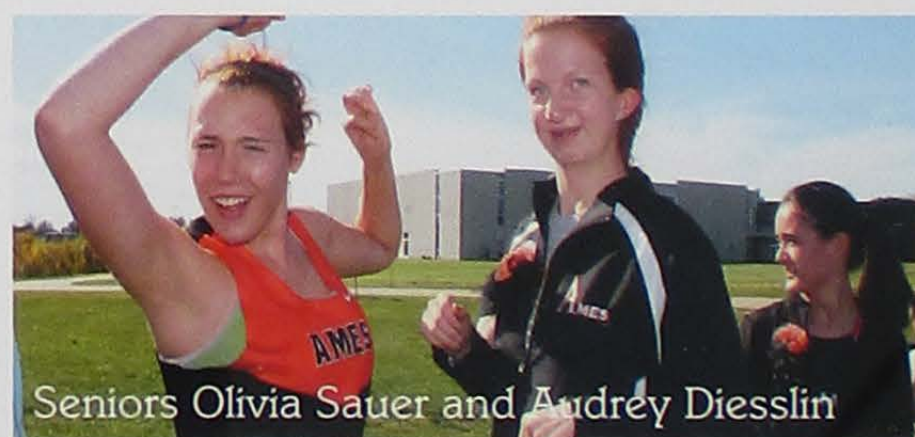
# Girls Cross Country



**Seniors:** Kaitlyn Barr, Caroline Baum, Anna Bourke, Payton Boylston, Stephanie Cho, Katie Cloud, Elise Hill, Lillian Keitges, Melanie Long, Caroline Marnin, Amelia Merchant, Anna Ogilvie, Zoe Pritchard, Makenzie Putz, Carissa Roberts, Molly Sanders, Olivia Sauer, Emma Sillman, Elyse Warrick **Juniors:** Josephine Dubiel, Nora Bensellam, Claire Dupuis, Karin Halverson, Alyssa Harvey, Joanna Held, Margit Herrmann, Madalynn Kouba, Alyssa Lehman, Dagney Paskach, Alyona Pearson, Serena Qamheih, Jessica Rehmann, Emily Rehmann, Lila Rice, Zoe Sirotiak, Tereza Smutna, Kerry Strum, Natalie Tesdall, Marie Volcko, Macy Vollbrecht **Sophomores:** Michelle Baldrige, Naomi Bratsch-Prince, Amy Canon, Tiffany Chu, Rachel Chun, Kyliegh Cowles, Audrey Diesslin, Beriah Forney, Katie Fukushima, Allyson Goodman, Jane Joiner, Taylor Junck, Grace Koehler, Katelyn Moore, Lauren Niehm, Hayley Palensky, Tala Salti, Achala Thippeswamy, Carly Watson, Ryan Weiss, Jordan Welp **Freshmen:** Jessica Canon, Claire Gilbert, Isabel Ingram, Sojeoung, Grace Lee, Sarah May, Amber Mohmand, Kate Nettleton, Arie Sirotiak, Hattie Stenberg



Seniors Payton Boylston and Caroline Marnin



Seniors Olivia Sauer and Audrey Diesslin



Sophomore Katie Fukushima



Sophomore Ryan Weiss



# Boys Cross Country



**Front Row:** Max Wei, Matt Kerton, Jin Kenian, Alex Berryhill, Ryan Strum, Ander Tebbutt, Oscar Rodriguez, Zach Vince, Cameron Merritt **Second Row:** Cameron Trittle, Carson Campbell, Patrick Schmidt, Matt Carlson, Eli Bratsch-Prince, Tyler Carney, Jack Swanson, Brycen Carney **Third Row:** Kyle Kinneer, Lee Taylor, Michael Liu, Toby Garcia-Vega, Andrew Grandgenett, Jack Heikens, Thomas Delay, William Buttermore, Colin Welk **Fourth Row:** Malkan Santiago, Aaron Mann, Ben Popken, Jacob Linch, Ryan Anderson, Alex Palensky, Eric Baldrige, Coach Mooney **Fifth Row:** Arik Rizhsky-Yakobsen, Yushi Hatori, Evan Prochaska, Charlie Forney, Vincent Montabon, Lee Grim, Brian Todey, Shafim Khoda, **Sixth Row:** Atem Akok, Jake Fedderson, Luke Heilman, Matt Roberts, Alden Johnson, Ryan Helton, Marcus Reecy, Daniel Chan



Junior Malkan Santiago



Junior Shafim Khoda



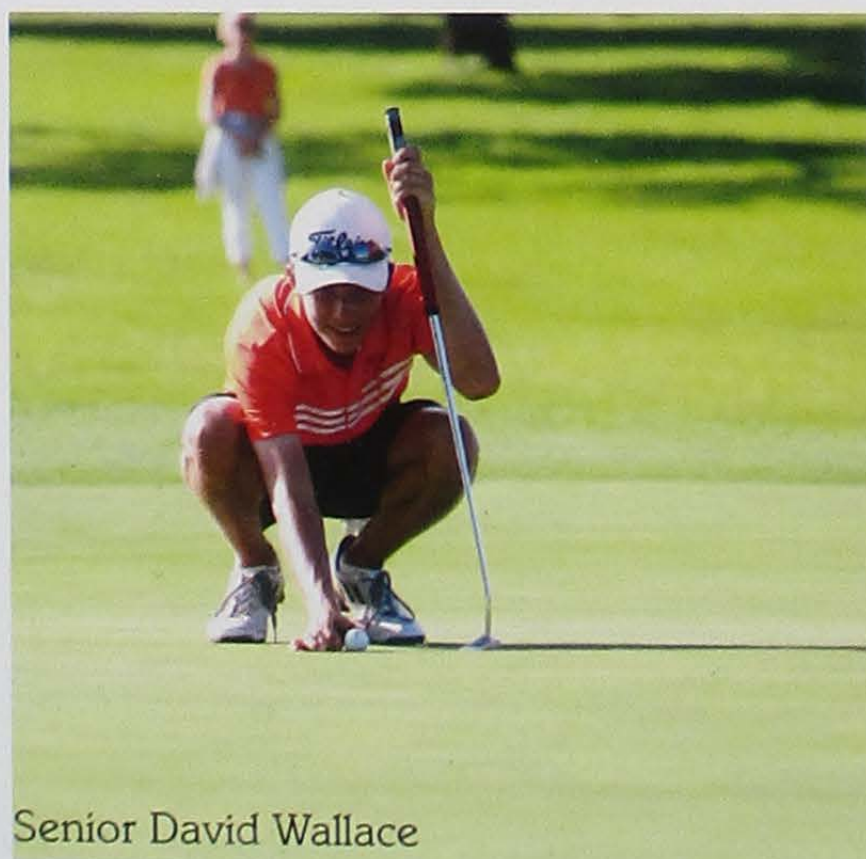
Sophomore Marcus Reecy



# Boys Golf



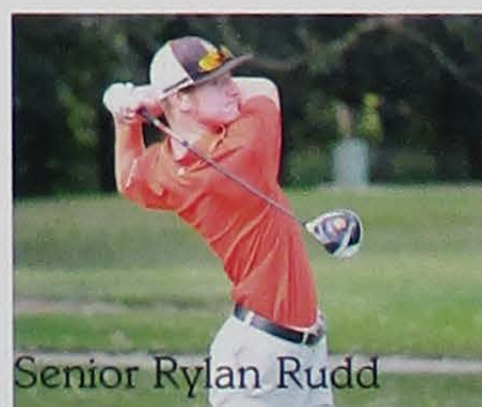
**Seniors:** Luke Lenhart, Rylan Rudd, Ian Steenblock, David Wallace, Zachary Woodbeck **Sophomores:** Max DiBlasi, Eric Steyer, Tyler Wierson, Richard Yang **Freshmen:** Zachary Bates, Ryan Cole, Nathan Espeset, Joshua Harvey, Kyler Holm, Sang Won Park, Benjamin Stewart, Isak Werner Anderson, Logan Will



Senior David Wallace



Senior Luke Lenhart



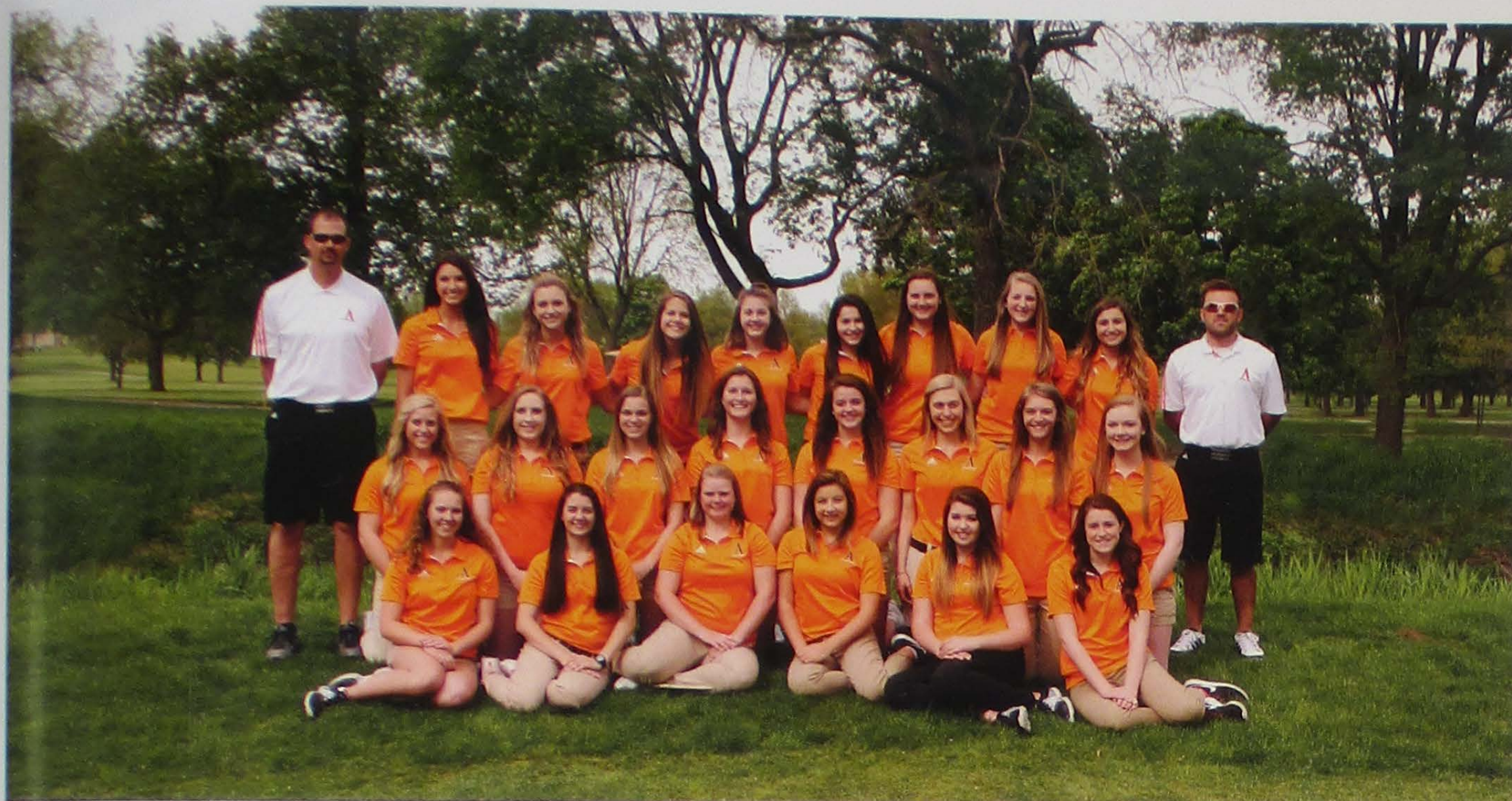
Senior Rylan Rudd



Senior Zach Woodbeck



# Girls Golf



**Seniors:** Anna Bourke, Aelita Danilson, Savannah Farner **Juniors:** Mackinzie Daughton, Emma Stewart **Sophomores:** Kelsey Adams, Alyssa Cano, Caroline Farner, Madeline Farner, Zoe Hamstreet, Zoe Lenz, Megan Meyn, Lauren Niehm, Erin Prochaska, Josie Stegman **Freshmen:** Jessica Canon, Kaylee Clendenen, Julia Franco, Cassandra Hinders, Anna Napolitano, Olivia O'Brien, Mari Beth VerHelst, Rebekah Wilson



Sophomore Erin Prochaska



Senior Anna Bourke



Freshman Josie Stegman



Freshman Bella Andersen and Julia Franco



# Varsity Volleyball



Back Row: Coach Paige Jones, Charlotte Lenkaitis, Hannah Greenlee, Emilee Brammer, Tessa Cunningham, Maggie Culhane, Coach Julie Terry, Coach Greta Billerbeck

Middle Row: Coach Leah Farrington, Leah Smith, Angela Tucker, Jamie Campbell, Phaedra Lipsey, Abby Engelman

Front Row: Josie Stegman, Haley Meyers, Lauren Eller, Jenna King

# JV Volleyball

Back Row: Maggie Culhane, Jazzy White, Coach Greta Billerbeck, Nicole Auel, Shaniah Smith,

Middle Row: Bree Engelhart, Angela Tucker, Megan Fox, Abby Engelman

Front Row: Josie Stegman, Maddy Spikes, Jamie Campbell





# Sophomore Volleyball

Back Row: Bailee Mescher, Lindsey Windmer, Coach Julie Terry, Zoe Lenz, Akouj Atak

Middle Row: Adriana Alvarez, Ella Glenn, Izzy Collins

Front Row: McKenna Meinhard, Mackenzie Grewell, Casey Hinders



# Freshman Volleyball



Kim Yin, Madeline Heinen, Jiji Rivera, Jamie Zhang, Faith Davis, Garyn Simpson, Anna Stevens, Alyssa Strotman, Jenna Sapp, Selaam Dollisso, Daria Bentley, Grace Melby, Melena Price, Abbie Eastman, Sara Bergin, Sally Schrunck, Bella Andersen, Brianna Robinson, Tayla Sundberg, Tia Wade, Coach Paige Jones

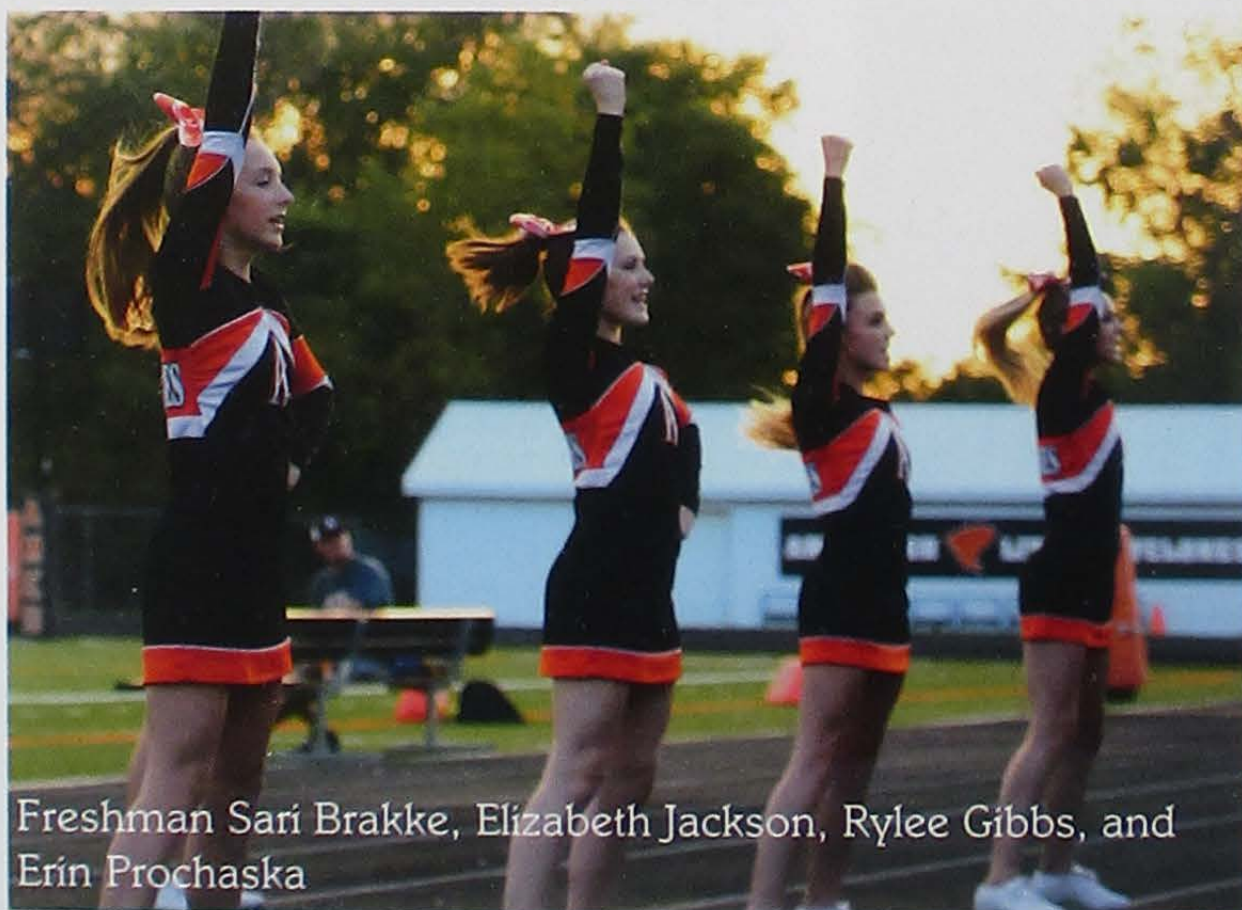


# Varsity Fall Cheer

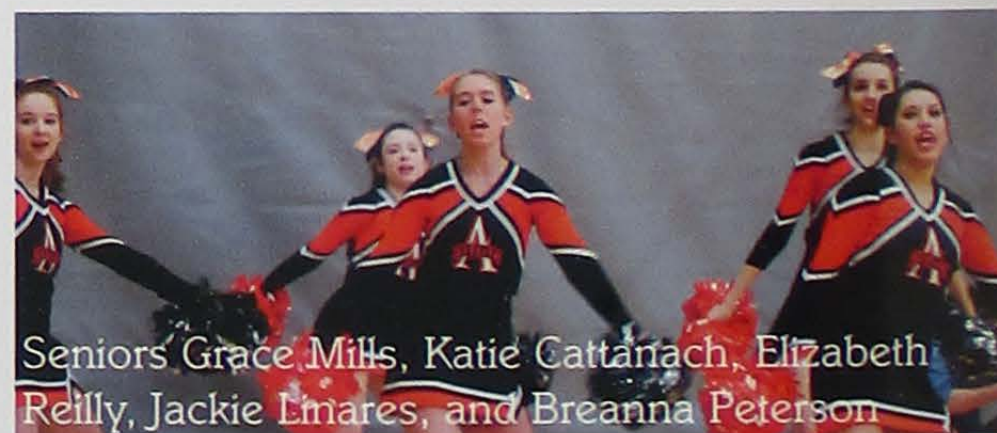


**Back Row:** Destany Ennis, Jillian Blum, Mariam Hamad , Jordyn Caulfield, Sarah Friedrich, Abbie Berryhill, Nini Kaisa, Hannah Sumpter, Emma Stewart, Alissa Watters, Ashley Sitzman, Laurel Tiedeman, Ashlyn Neppi, Tracie-Lynn Lamoreux, Jami Eastman, Tina Wandling, Coach Sarah Buss

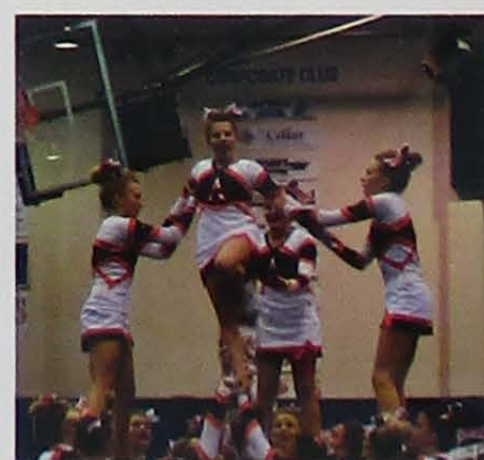
**Front Row:** Catherine Quant, Emily Carlson, Elie Lemer, Abby Dieter, Alexa Cross, Serena Paulson, Savannah Farner, Alex Munn, Madi Mills, Isabel Manahl, Allie Mullen



Freshman Sari Brakke, Elizabeth Jackson, Rylee Gibbs, and Erin Prochaska



Seniors Grace Mills, Katie Cattarach, Elizabeth Reilly, Jackie Emares, and Breanna Peterson





# Sophomore Fall Cheer

**Back Row:** Zoe Hamstreet, Caroline Farner, Erin Prochaska, Rachel Junck, Emily Draper, Madison Phillips, Megan Meyn, Nicole Kelly, Coach Molly Grummer,

**Front Row:** Julia Hansen, Nahla Atroon, Shelby Robers, Sari Brekke, Rylee Gibbs, Grace Anderson, Elizabeth Jackson



# Freshman Fall Cheer



**Back Row:** Coach Megan Girard, Olivia O'Brien, Sonja Paulson, Macee Buss, Emma Finch, Sofia Correnti, Gracie Cannon, Nichole Aroche

**Front Row:** Lydia Spurgeon, Lyra Wyckoff, Jordan Noverton, Anna Napolitano, Lisa Cochran, Beth Cyr



# Hockey

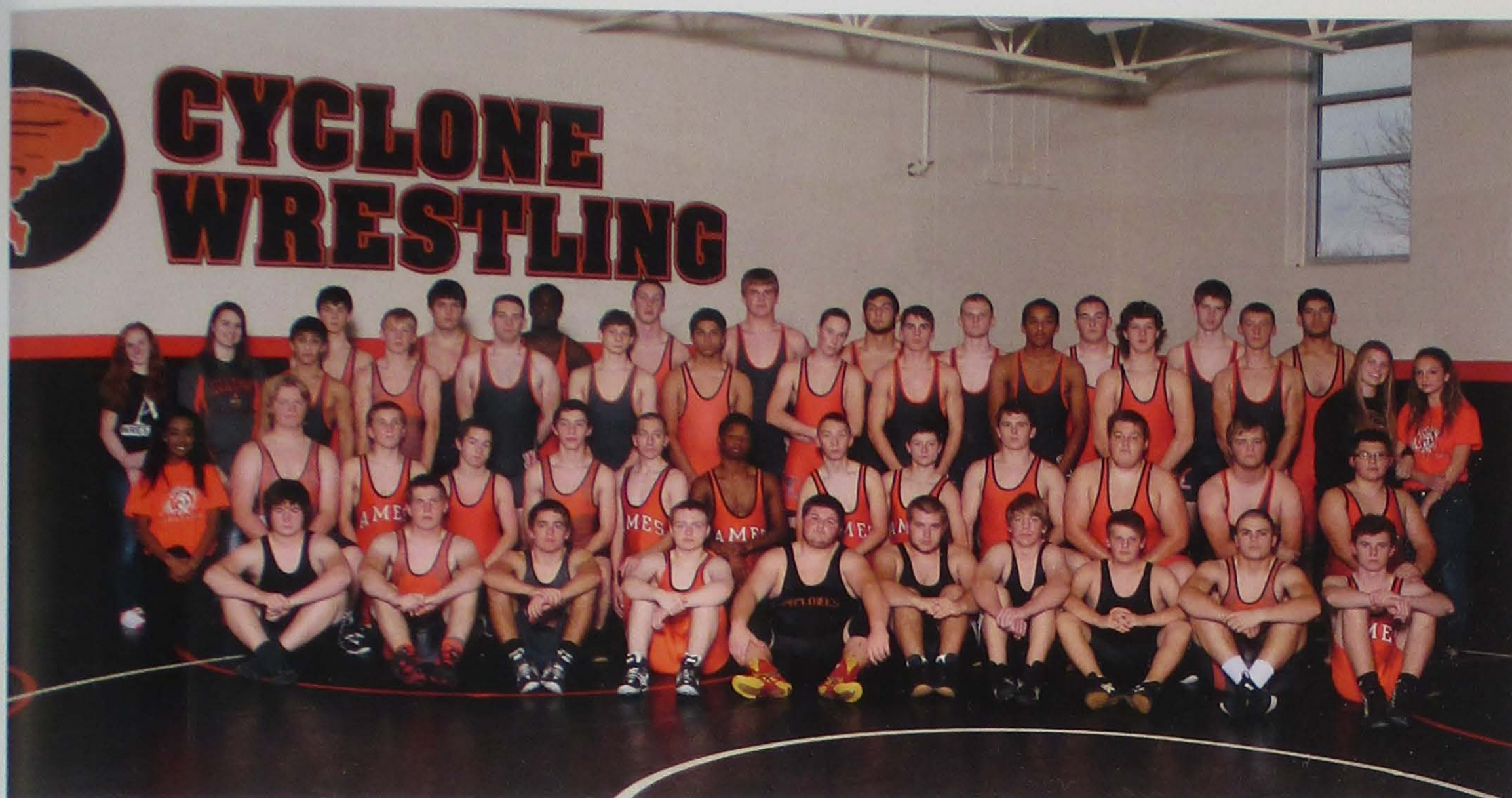


**Seniors:** Sam Gorden, Austin Lemper, Forrest Oh, Grant Koehler, Payton Boylston, Luke Lenhart, Spencer Dedic, Reed Boman, Derek Fitzgerald **Juniors:** Drew Smith, Toby Linder, Grant Waline, Ithica Jones, Dawson Perrin, Madi Schweikert, Noah Goebel **Sophomores:** Brooklyn Clayton, Josie Wierson, Jack Kazwell, Jake DeVries, Ben Tulp, Henry Ziebol, Hunter Northway, Carter Johnsen, Sam Weninger **Freshmen:** Kevin Maxwell, Zach Bates, Blaine Colman, Cole Rogers, Michell Shulman, Reece Powell, Ryan Mills

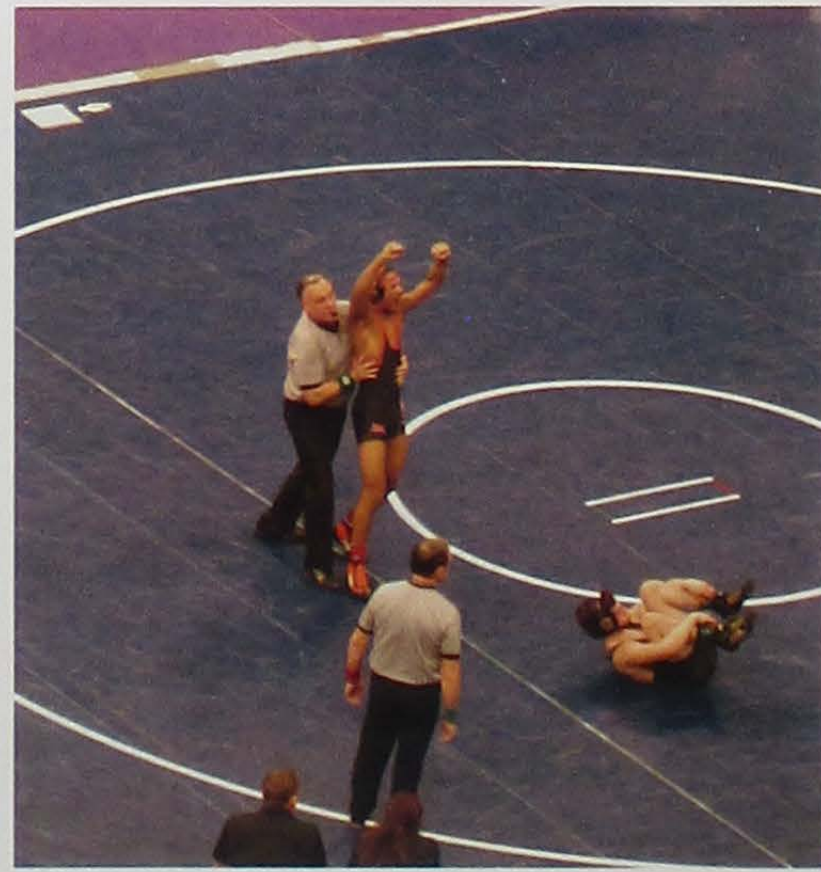
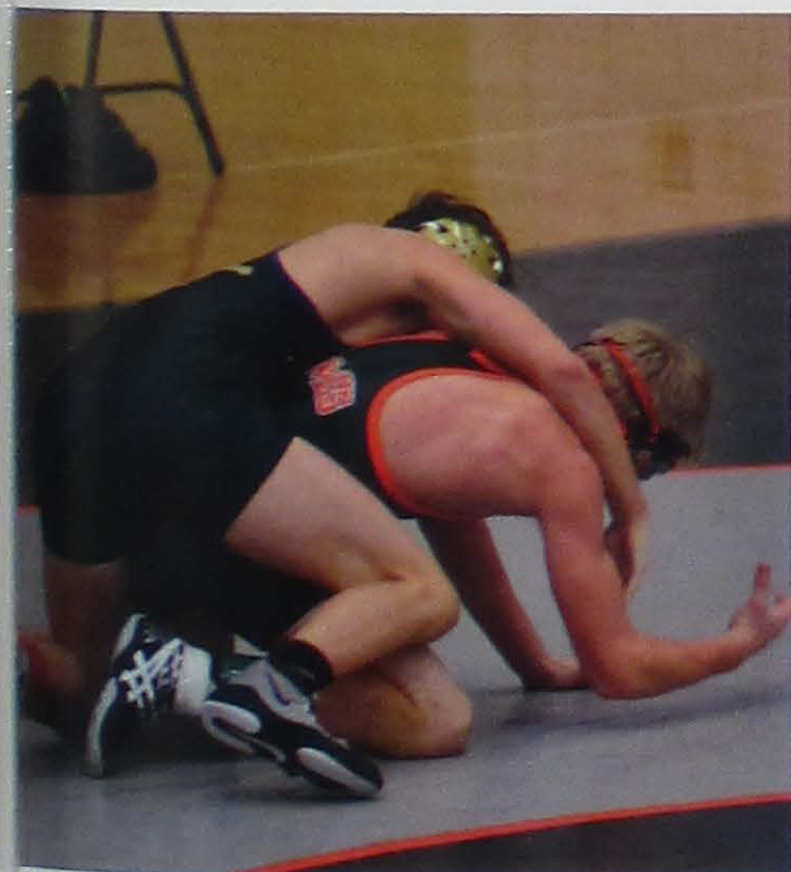




# Wrestling



**Seniors:** Alexander Albin, Jacob Arrowsmith, Ahmed Atroon, Jonathan Blakeley, William Hays, Ben Joeger, Kirk Moody-Hendrick, Sam Robertson, Caleb Rogers, Hank Swalla, Will Weber **Juniors:** Brycen Carney, Andrew Christensen, Conner Christensen, James Elbert, Matthew Fowles, Andrew Frantzen, Jacob Rains, Harrison Townsend **Sophomores:** Humberto Alvarado, Giovanni Alvarez, Maximilian Baum, Marcus Coleman, Terrell Ford, Lucas Holloway, Nathanael Lumley, Colin Newell, Justs Robeson, Andrew Weber **Freshmen:** Jordan Baker, Daimon Cloutier, Josiah Engelken, Tyler Harker, Seth Henschen, Jayden Morrison, Benjamin Rogers, Sam Stuve, William VanVoorhis, Corey Woods





# Girls Swimming & Diving



**Listed alphabetically:** Heavenly Baccus, Rebekah Bell, Rachel Bell, Sarah Bell, Rachel Cannon, Bridget Carney, Marina Chadd, Caitlyn Chellew, Kaylee Clendenen, Blaire Collett, Meghan Collett, Mikyla Cooper, Valeria Danielson, Hannah Dietrich, Noelle Flugrad, Erica Guge, Sabrinna Hegelheimer, Jazlyn Horras, Maggie James, Olivia Jenks, Sofia Lence, Aria Lippolis, Sarah McCunn, Isabel McLeod, Molly Muench, Cara Munter, Eileen Murray, Elanna Neppel, Phoebe Nicholson, Emme Peters, Joslyn Peters, Morgan Rosser, Graceanne Ryken, Katie Sailer, Eva Scheibe, Grace Scheibe, Taylor Sears, Lillian Shedd, Gracyn Snyder, Sophia Sorensen, Adelina Tuchin, Madison Tuggle, Nina VanDerZanden, Rachel Walker, Erin Wolter, Tianxin Xu



156 Sophomore Sabrinna Hegelheimer



Junior Grace Ryken



or Maggie James



# Boys Swimming



**Listed alphabetically (note: only Ames High students named):** Ryan Anderson, James Bentley, Matt Boylan, Jackson Breen, Michael Burke, Michael Chang, Lane Danielson, Max Eness, Jonah Glenn, Yushi Hattori, Jack Heikens, Michael Holtzbauer, Lucas Johnson, Atticus Jurgensen, Phillip Ma, Misho Mahrous, Stephen McKown, Preston Mescher, DJ Miller, Joshua Moore

Photos by Nirmal Majumdar. Courtesy of Ames Tribune



senior Cameron Rasmussen



senior Dane Van Allen



# Boys Varsity Basketball



Back row: Eric Steyer, Kang Chotkuac, Walker Weiss, Javan White, Kuol Chol, Colby Shane, Michael Frankl

Front row: Micheal Agbaje, Joey Stohlmeyer, Chuol Chuol, Carter Mumm, Luke Smith, Sam Rathe

## JV Basketball



Back row: Daisean Brooks, Joe Evans, Eric Steyer, Chuol Chuol, H Downs, Brady Zalasky, Carter Mumm

Front row: Tyler Wierson, Logan Wallen, Earl Shedd, Max DiBlasi, AJ Seibert, Joey Nogel, Kim Stammer

## Freshman Basketball



Alphabetically: Henry Bennett, Carter Biedenbach, Tyler Carney, Martrell Davis, Tyler Doyle, Nate Espe-set, Josh Harvey, Kyler Holm, Colton Iiams, Kear Kear, Kamran Malik, Ace Malik, Arrie Parkinson, Tameron Paulson, Tynan Shahidi, Ben Stewart, Aaron Wandling, Dion Wilson, Peter Woodruff



# Girls Varsity Basketball

Back row: Coach Mike Frisk, Jazzy White, Jessica Moats, Coach Joel Sullivan, Ryan Weiss, Kelly Friedrich

Middle row: Adrianna Alvarez, Hannah Mumm, Abby Kummer, Molly Sanders, Amara Lipsey

Front row: Natalie Grodnitzky, Anna Rood, Emily Frisk, Haley Melby



# Freshman Basketball



Back row: Mari Beth VerHelst, Sally Schunk, Coach Jeff Gillette, Grace Melby, Melissa Liu, Natalie Deradcliffe

Front row: Trinity Jones, Tiffany Mayberry, Sarah Evans, Eliseya Wunschel, Tayla Sundberg, Melena Price



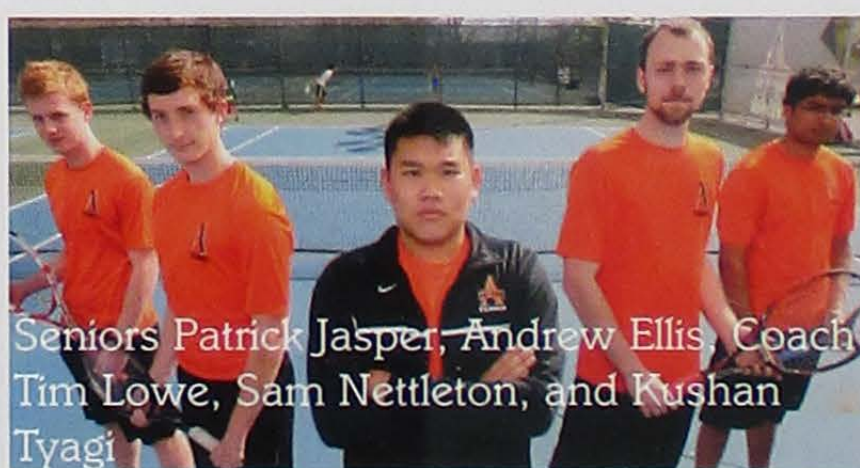
# Boys Tennis



**Seniors:** Alexander Lee, Andi Li, Samuel Nettleton, Forrest Oh, Kushan Tyagi, Jihun Yoon, Andrew Ellis, Patrick Jasper **Juniors:** Roman Hart, Ben Knudson, Nicholas Leung, Aaron Mann, Nathan Pang, Ariel Rizhsky-Yakobson, Burhanudin Syed, Sha-ochong Wei **Sophomores:** Michael DiBlasi, H Downs, Woo Young Joo, Andrew Kim, Farhanudin Syed, Tyler Wierson, Joshua Zhao **Freshman:** Ryan Jeong, John Kim



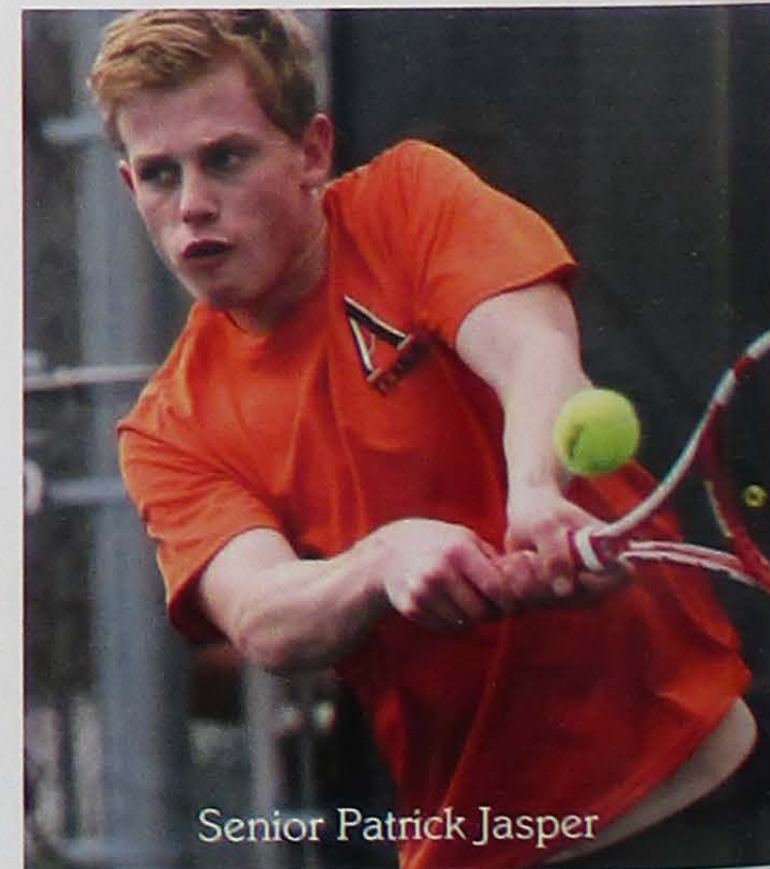
Senior Andrew Ellis



Seniors Patrick Jasper, Andrew Ellis, Coach Tim Lowe, Sam Nettleton, and Kushan Tyagi



Senior Sam Nettleton



Senior Patrick Jasper



# Girls Tennis



**Top Row:** Coach Luke Boyd, Shelby Reeves, Nash Mainde, Emma VanRyswyk, Hannah Schwartz, Selaam Dollisso, Taylor Monroe, Nicole Cho, Melissa Liu, Coach Taylor Thoen, Coach Taylor Bloomquist

**Middle Row:** Caroline Paxton, Jamie Zhang, Kim Yin, Nicole Kelly, Tiffany Chu, Carly Watson, Soledad Slowing-Romero, Zoey Lazere, Michelle Hu, Emma Burngardt, Emma Cai

**Bottom Row:** Lizzie Gartin, Katie Codner, Mace Myers, Jaclyn Engelman, Stephanie Cho, Elise Hill, Judith Fan, Stephanie Cho, Amelia Merchant, Emma Sillman



Junior Hannah Schwartz



Senior Judith Fan



Junior Zoey Lazere and Freshman Melissa Liu



# Drill Team



**Back Row:** Ashey Nogel, Alex Munn, Alicia Orr, Eryn Huff, Abby Dieter, Madi Mills, Nadia Huffman, Coach Sarah Buss

**Middle Row:** Beth Cyr, Ashley Sitzman, Alissa Watters, Sarah Friedrich, Endylion Strohman, Ashlyn Neppi, Sofia Corrienti

**Front Row:** Lura Wyckoff, Rachel Junck, Julia Hansen, Taylor Junck, Gabrielle Gianello





# Varsity Winter Cheer



**Back Row:** Elizabeth Reilly, Madisen Peterson, Tereza Smutna, Ninni Salminen, Tracie Lamoreux, Laurel Tiedeman, Katie Hem, Abbie Berryhill, Katie Cattanach  
**Front Row:** Brenna Peterson, Grace Mills, Jenny Zhou, Rebecka Stevens, Emily Carlson, Serena Paulson, Lindsey Barroso, Anna Bourke, Hannah Bloch, Jackie Linares

# Freshman Winter Cheer



**Back Row:** Emily Bruse, Lydia Spurgeon, Tori Thomas, Aubrey Branch  
**Front Row:** Cydney Kamm, Isabel Ingram, Nicole Cho, Sonja Paulson, Jordyn Overton



# Girls Track



**Seniors:** Kaitlyn Barr, Caroline Baum, Anna Bourke, Payton Boylston, Stephanie Cho, Katie Cloud, Elise Hill, Lillian Keitges, Melanie Long, Caroline Marnin, Amelia Merchant, Anna Ogilvie, Zoe Pritchard, Makenzie Putz, Carissa Roberts, Molly Sanders, Olivia Sauer, Emma Sillman, Elyse Warrick **Juniors:** Josephine Dubiel, Nora Benselam, Claire Dupuis, Karin Halverson, Alyssa Harvey, Joanna Held, Margit Herrmann, Madalynn Kouba, Alyssa Lehman, Dagney Paskach, Alyona Pearson, Serena Qamheih, Jessica Rehmann, Emily Rehmann, Lila Rice, Zoe Sirotiak, Tereza Smutna, Kerry Strum, Natalie Tesdall, Marie Volcko, Macy Vollbrecht **Sophomores:** Michelle Baldrige, Naomi Bratsch-Prince, Amy Canon, Tiffany Chu, Rachel Chun, Kyliegh Cowles, Audrey Diesslin, Beriah Forney, Katie Fukushima, Allyson Goodmen, Jane Joiner, Taylor Junck, Grace Koehler, Katelyn Moore, Lauren Niehm, Hayley Palensky, Tala Salti, Achala Thippeswamy, Carly Watson, Ryan Weiss, Jordan Welp **Freshmen:** Jessica Canon, Claire Gilbert, Isabel Ingram, Sojeoung, Grace Lee, Sarah May, Amber Mohmand, Kate Nettleton, Arie Sirotiak, Hattie Stenberg



164 sophomore Akouj Atack

senior Payton Boylston

senior Madi Mills



# Boys Track



**Seniors:** Atem Akok, Daniel Chan, Kuol Chol, Gage Eller, Colby Hansen, Michael Holtzbauer, Travis Jergens, Preston Mesecher, Austin Rowland, Christian Sorrentino

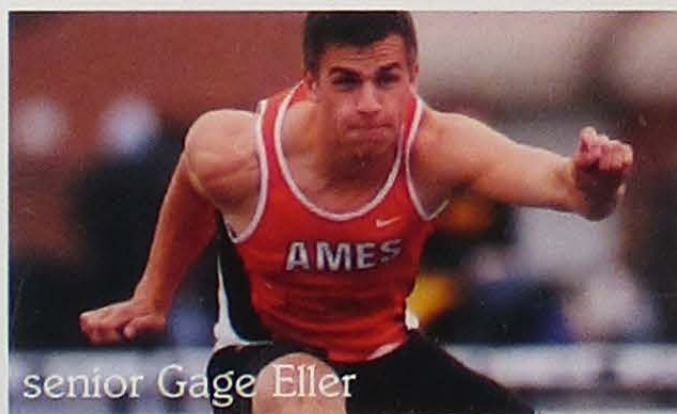
**Juniors:** Michael Agbaje, Austin Barrientos, Michael Burke, Akuei Chiman, Andrew Frantzen, Lee Grim, Cole Haverkamp, Damarius Lawson, Darrius Martin, Frank Mirano, Stephon Penberthy, Justin Schoppe, DeVaughn Stringfellow, Jack Wannarka

**Sophomores:** DaiSean Brooks, Chuol Chuol, Benjamin Facio, Andrew Grandgenett, Qiaochu He, Matthew Holtzbauer, Alden Johnson, Nathanael Lumley, Marc Mbofung, Joshua Michael, Collin Newell, Marcus Reecy, Noah Stevens, Logan Wallen, Nathan Woodard

**Freshmen:** Henry Bennett, Andrew Berg, Alexander Berryhill, Brandon Cable, Tyler Carney, Joseph Evans, Israel Garcia, Max Goeders, Alexander Haislip, Michael Holm, David Imhoff, Kear Kear, Hashim Mohamud, Tyler Nord, Oscar Rodriguez, Gauge Sletten



juniors Lee Grimm, seniors Kuol Chol, juniors Atem Akok, and Dan Chan



senior Gage Eller



senior Michael Holtzbauer



junior Atem Akok



Akuei Chiman



# Varsity Baseball



**Seniors:** Jake Stone, Will Weber, Zach Woodbeck, Matt Flummerfelt, Rylan Rudd, Colby Hansen, Christian Sorrentino **Juniors:** Drew Schmit, Ben Cassady, Justin Schoppe, Kub Stevens, Harrison Woodworth, Lee Grim, Noah Dalgliesh, Blake Preston, Jeremy Cable, James Elbert, Gabe Woodbeck, Matt Fowles **Sophomore:** Ethan Hahn, Eric Steyer **Head Coach:** Eric Bappe **Asst. Coaches:** Jamie Smith, Robert Shahidi

## JV

**Juniors:** Kub Stevens, James Elbert, Ben Cassady, Gabe Woodbeck, Matthew Fowles, Noah Dalgliesh, Jeremy Cable, Tavan Shahidi, Drew Schmit, Blake Preston, Justin Schoppe, **Sophomore:** June Hong, Joey Nogel **Freshman:** Tynan Shahidi **Head Coach:** Shawn Peterson **Asst. Coaches:** Matt Steffin



## Freshman



Carter Biedenbach, Nathan Griffin, Michael Ylonen, Jake Schmit, Chase Gorman, Jack Rogers, Chris Fowles, Thomas Delay, Tameron Paulson, Cal Wild, Will Krapfl, Josh Ylonen, Kevin Maxwell, Jeremy Wessels, Ben Rogers, Tyler Doyle, Garrett Cooper, Kaden Peterson, Austin Clayberg, Brandon Cable, Josh Harvey, Nathan Espeset, Sam Stuve, Ryan Grandgenett, Ryan Cole, Dante Sorrentino, Carson Kirsch, Hyrum Cook, Ryan Clem, Bryce Bernard, Tye Erickson, Braden Woodsmall, Alex Martinez, Payton Terry, Bobby Gens, Spencer Bryan, Alex Rademacher, Jacob Wiebke, Matthew Farrell, Takahiro Furukawa, Collin Imhoff, Sam Balsley, Scott Junck, Bryce VanDyk, Ray Crawford, DeVon Richards, Kyle Hanson, Conley McKown **Head Coach:** Ian Smith **Asst. Coaches:** Spencer Esslinger, Drew DeJong



# Varsity Softball

**Seniors:** Nicole Auel, Hannah Lindsey, Hannah Bloch **Juniors:** Made Schweikert, Anna Myers, Maddie Lynch **Sophomore:** Caitlin Barker, Izzy Collins, Bella Buyl, Shelly Baldrige, Gaby Dempsey, Audrey Brown **Freshman:** Maddie Heinen, Macee Buss, Ella Glenn, Anna Stevens, Alyssa Strotman **Pre-Freshman:** Julia Stevens, Savannah Perry, Lindsey Mescher **Head Coach:** Gary Gorman **Asst. Coaches:** Ron Weber, Paige Seibert, Josh Gorman, Lauren Weber



## JV



**Alphabetically Ordered:** Nahla Atroon, Shelly Baldrige, Audrey Brown, Macee Buss, Gaby Dempsey, Ella Glenn, Bella Guyll, Maddie Heinen, Emma Hovick, Jessica Moats, Lindsey Mescher, Bailey Newbanks, Jill Schoenrock, Kaitlin Shaiko, Anna Stevens, Julia Stevens, Alyssa Strotman, Lindsey Widmer

## Freshman

Shayna Abel, Gretchen Webber, Kenna Redies, Jordyn Overton, Maddie Heinen, Ella Glenn, Alenica Bonner, Lindsey Mescher, Stella Reynoldson, Brittnie Dunn, Hope Morken, Ravyn Kennedy, Daria Bentley, Paige Johnson, Grace Myers, Faith Davis, Erica Guge, Paige McKenna, Pearrey Thim, Alison McHenry, Alyssa Strotman, Garyn Simpson.





# Girls Varsity Soccer



**Back Row:** Lorelle Kraus, Micheala Twito, Maria Wohlsdorf, Katie Culhane, Hannah Mumm, Nicole Aroche, Kelly Friedrich

**Middle Row:** Kira Mann, Bridget Carney, Delaney, Sabrina Hegelheimer, Taylor Rood, Natalie Grodnizky

**Front Row:** Hartley Christensen, Sarah Friedrich, Anna Rood, Livvy Mann, Emily Frisk, Britney Stuart

**Coaches:** Bobby Myers, Ed Jones, Margret Powers

## JV

Maria Wohlsdorf, Tiffany Mayberry, Lauren Cassaidy, Maddie Kouba, Heavenly Baccus, Grace Nelson, Margit Hermann, Gabi Gianello, Reyna Serna, Abbie Dirks, Sonja Paulson, Charlynn Disalvo, Emme Peters, Sarai Estrada, Alyssa Romp, Hailey Tebutt, Anaya Mitra, Olivia Gaylon, Emily Greene, Charlotte Lenkaitis  
Coach Ed Jones





# Boys Varsity Soccer

**Back Row:** Coach Zmolek, Josh Moore, Logan Hemmen, Ben Klein, Ben Feddersen, Anthony Tang

**Middle Row:** Michael Hegelheimer, Shafim Khoda, Sam Rathe, Romarin Ngapouth, Akash Mitra

**Front Row:** Colin Welk, Josh Engelken, Chris Halbur, Lincoln Saxton, Dibo Kumar, Isaak Schmidt

**Not Pictured:** Tyler Griffin, Justus Robeson



## JV



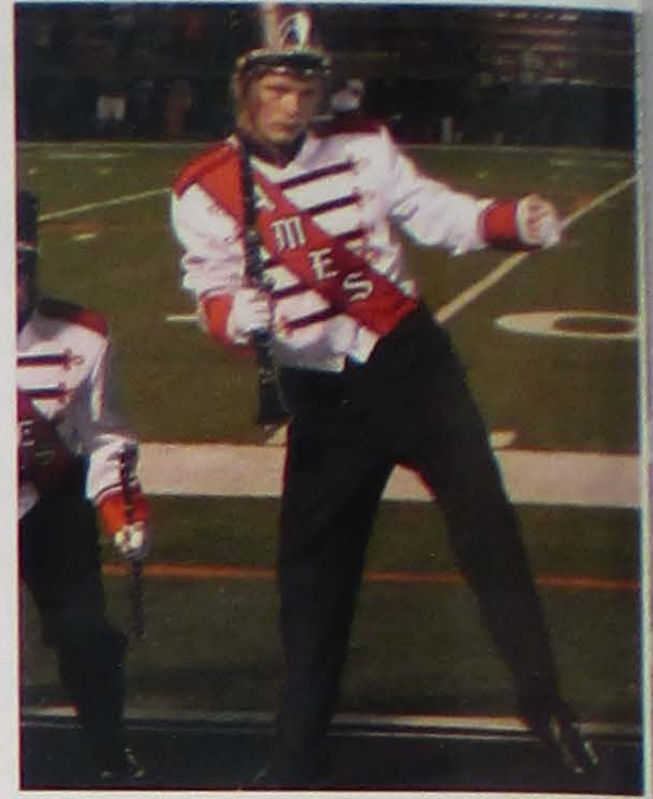
Lincoln Saxton, Tobie Tankhai, Matthew Coder, Anthony Tang, Evan Welk, Jackson Hamstreet, Ali Naraghi, Alex Gindt, Tim Kim, Zach Lynch, Tyler Griffin, Carlos Alberto Levva, Ethan Constant, Maazin Gleisner, Reece Soders, Matt Boylan, Justus Robeson, Cameron Madson, Joel Devick, Coach Ryan McGowan

## Freshman

Ryan Mills, Luke Dirks, Isak Werner Anderson, Matias Ibarburu, Rakan Alanazi, Michael Lin, Andrew Burras, Kyler Holm, Tate Hustedt, Gajin Kim, Ian Hillier, Seamus O'Connor-Walker, Alex Bartlett, Jacob Marks, Ryan Pretzer, Josiah Engelken, Peter Woodruff, Coach Joe Brekke







# MUSIC







# Freshman Band



Back row: Will Tibben, Henry Bennett, Matias Ibarburu, William VanVoorhis, Sam Stuve, Lucas Johnson, Ian Folger

6th row: Lucas McLeod, Nate Espeset, Griffin Meyer, Michael Holm, Chase Gorman, Mitchell Shulman, Benjamin Moats

5th row: Seth Henschen, David Imhoff, Tyler Postma, Sara Bergin, Garrett Cooper, Ella Glenn, Luke Johnson, Nathan Paskach, Olivia Jenks

4th row: Kate Nettleton, Channing Che, Luke Dirks, Jason Park, Eliza Davis, Nyomi Terry, Kylene Harold, Nicole Aroche, Gabi Gianello

3rd row: Deeksha Sarda, Lauren Cassaidy, Karlie Fincham, Kourtney Barr, Laura Emery, Eileen Murray, Caroline Paxton, Alyssa Romp, Nicole Essner, Golar Malaki

2nd row: Alex Bartlett, Natalie Cross, Giovanni Alvarez, Ander Tebbutt, Sophie Roberts, Sarah Shen, Nicole Kreider, McKenna Meinhard, Makenzie Weyhrich

1st row: Kavya Raju, Teresa Pelzer, Isak Werner-Anderson, Sarah May, Natalie Jones, Rucha Kelkar, Abbie Eastman, Emily Helmer, Hallie Lartius, Tianxin Xu, Shay Wobig

# Sophomore Band

Back row: Cameron Madson, Brian Todey, Miles Snyder, Aaron Bendickson, Cole Thompson, Nathanael Lumley

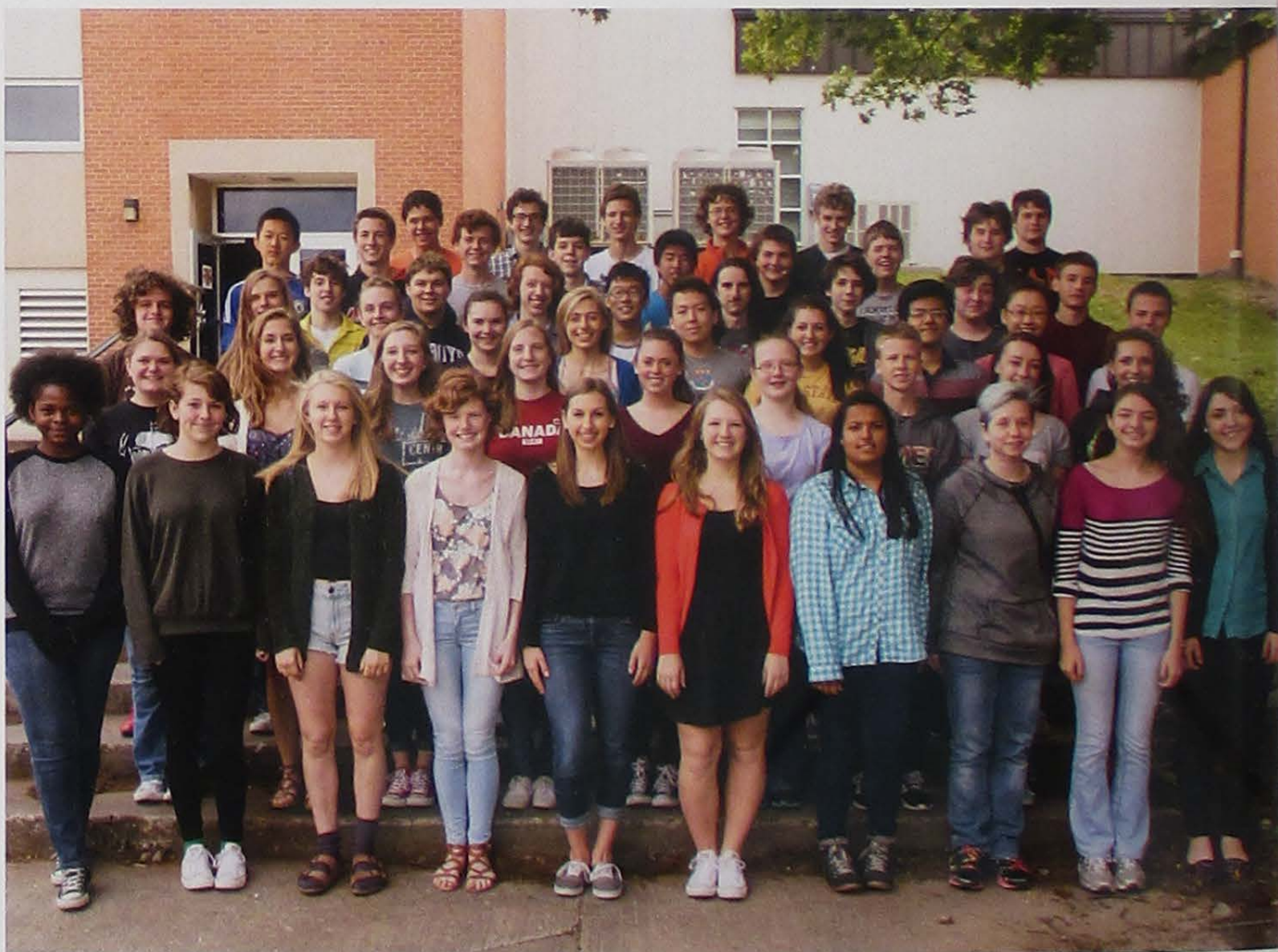
5th row: Anthony Tang, Ben Klein, Andrew Weber, Patrick Jurenka, Joshua Zhao, Ben Breshears, Justin Swenson, Matt Lumley

4th row: David Vigil, Zach Witherspoon, Caleb Devick, Kevin Park, Booker Bayouth, Lucas Berg, Jakob Tibben, Matt Kerton

3rd row: Harrison Walker, Bella Gyll, Maggie Hoffman, Carlie Dellman, Lauren Niehm, Galen Thornburg, Emma VanRyswyk, Binaya Shrestha, Maya Chen, Andrew Grandgenett

2nd row: Lindsey Widmer, Beriah Forney, Kaitley Peterson, Shelly Baldrige, Carly Watson, Elanna Neppel, Matthew Coder, Anna Arndt, Maria Werner-Anderson

1st row: Nash Masinde, Bailey Sterk, Hayley Martens, Kyleigh Cowles, Julia Hansen, Taylor Junck, Ananya Mitra, Veronica LaPietra, Ana DiSpirito, Naomi Bratsch-Prince





# Junior Band

Back row: Cole Haverkamp, Jonah DeGeest, Brandon Johnson, Justin Schoppe

5th row: Aaron Mann, Lee Grim, Luke Fernando, Yushi Hattori, Max Eness, Michael Bloom, Ryan Smith

4th row: Malkan Santiago, Timothy Steward, Trajan Thornburg, William Buttermore, Breanna Englehardt, Spencer Cadogan, Lee Taylor, Ben Popken, Caleb Litster

3rd row: Jessica Moats, Braeden Weyhrich, Josie Du-biel, Claire Dupuis, Karin Halverson, Jessica Rehmann, Emily Rehmann, Thea Brenner, Laura Johnson, Clara Janzen

2nd row: Megan Peters, Dagney Paskach, Kyle Kin-neer, Wren Kress, Zoey Lazere, Abbie Dirks, Maria Wohlsdorf, Alvin Tan, Alec Withers, Erin Wolter

1st row: Ashley Sitzman, Alyssa Lehman, Mary Beth Coleman, Angela Fei, Sarah Nogle, Lila Rice, Molly Ba-gnall, Kiana Stadler, Michelle Hu, Tori Herber, Alyona Pearson



# Senior Band

Back row: Jared Larson, Luke Heilman, Nick Reecy, Kyle Schaudt

4th row: David Wallace, Patrick Jasper, Parm Banwait, Josh Moore, Andrew Wiebke, Dane VanAllen, Michael Spencer, Eric Baldrige, Austin Lohman, Charles Forney

3rd row: Reed Boman, Forrest Oh, Makenna Peterson, Hannah Bloch, Brendan Gorman, Kween Agba, Michael Hegelheimer, Eli Bratsch-Prince, Andie Newell, Amelia Merchant, AJ Foegan

2nd row: Stephanie Cho, Colin Welk, Hari Sivaskandan, Zoe Pritchard, Ella Bartlett, Olivia VanWeelden, Melanie Long, Emily Greene, Johannes Gassman, Will Franke, Megan Fox, Jacob Linch

1st row: Brynna Bargfield, Elyse War-rick, Dakotah Allfree, Kira Marcott, Megan Henschen, Jard Coleman, Shay Calendine, Hope Mills, Grace Mills, Olivia Brouwer, Angelica Parsons





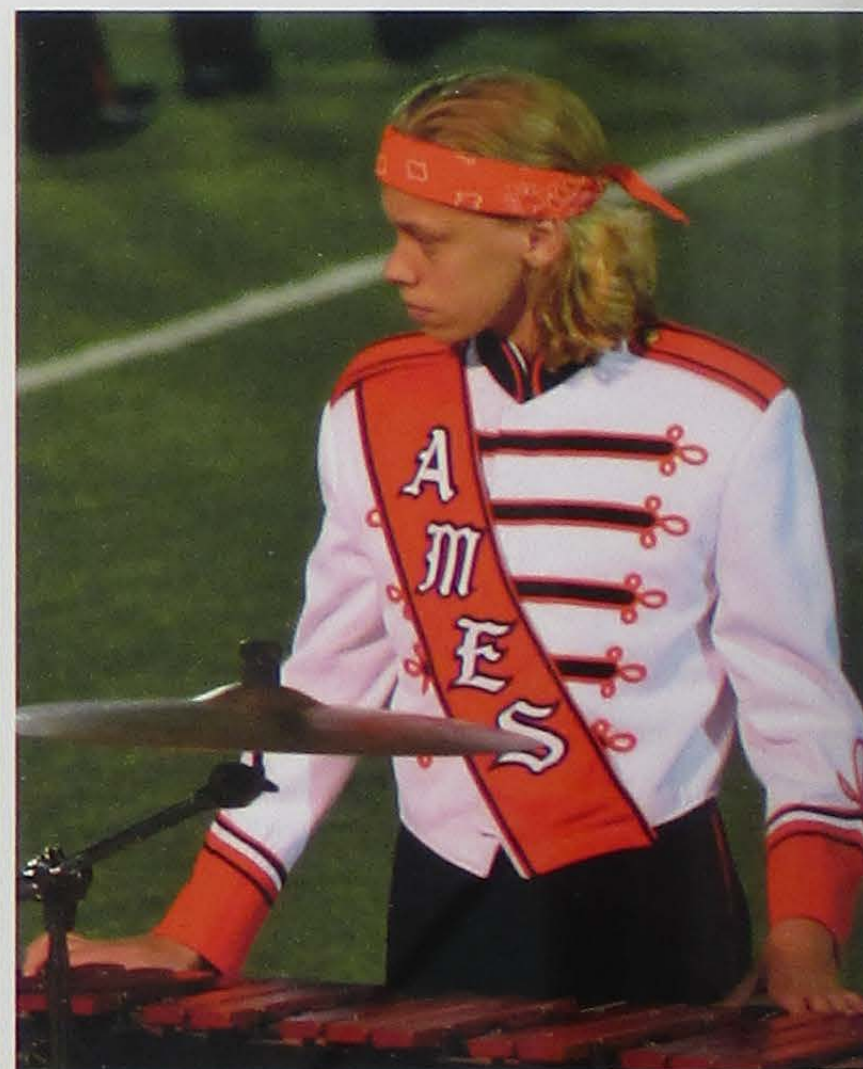
# Percussion Techniques



Back Row: Ben Tulp, Brody Tritle, Richard Yang

Middle Row: Ethan Constant, Jill Schoenrock

Front Row: Aria Lippolis, Ethan Holtman, Rachel Junck





# Winds/Brass/Percussion Orchestra



**Row 1:** Maya Chen, Maria Werner-Anderson, Yushi Hattori, Macy Vollbrecht

**Row 2:** Dagny Pascach, Ella Bartlett, Kevin Park, Jonah DeGeest, Bella Guyll

**Row 3:** Kween Agba, Kaitely Peterson, David Vigil, Thea Brenner

**Row 4:** Michael Spencer, Aaron Mann, Will Franke, Lee Grim, Jared Coleman

**Row 5:** Ryan Smith, Jacob Linch, William Buttermore, Eli Bratsch-Prince, Miles Snyder





# Freshman Orchestra



**Row 1:** Chloe Barry, Julia White, Jeremy Meyer, Chantz Berstler, John Kim, Ani Yam, Sang Wong Park, Anna Stevens

**Row 2:** Ryan Mills, Amber Mohmand, Sojeoung Kim, Grace Lill, Polyphony Bruna, Arie Sirotiak

**Row 3:** Adelina Tuchin, Elena Andrews, Nicole Cho, Srishti Mathur, Isabel Polashek

**Row 4:** Noelle Diedrichs, Jamie Zhang, Janelle Maldonado, Ian Hillier, Tyler Voas, Ryan Jeong, Blaire Collett

**Row 5:** Roma Baranov, Alex Berryhill, Olivia Lauber, Sylvia Hollander, Emma Cai, Sam Packard

**Row 6:** Eli Musgrove, Joshua Benjamin, Jeremy Wessels, Trenton Dugan, Michael Liu, Jason Zheng, Calvin Evans

Not pictured: Andrew Burras

# Sophomore Orchestra

**Row 1:** Marcus Reecy, Jude Amous, Tim Kim, Jordan Welp

**Row 2:** Takeshi Suzuki, Gaby Dempsey, Maddie Tuggle, Maddy Spikes

**Row 3:** Jana Kim, Rosita Lowe, Bailey Newbanks, Hannah Dietrich, Nahla Atroon

**Row 4:** Katelyn Moore, Meghan Collett

**Row 5:** Evan Welk, Taylor Monroe, Andy Kim, June Hong, Andrew Bryant





# Junior Orchestra

**Row 1:** Daniel Andreotti, Arik Rizshsky-Yakobson, Chase Wingate, Fox Henson

**Row 2:** Tiffany Loe, Joanna Held, Esther Lee

**Row 3:** Toby Garcia-Vega, Kenian Jin, Serena Qamhieh, Madalynn Kouba

**Row 4:** Hannah Hartmann, Molly Muench, Isabel McLeod

**Row 5:** Truman Meyer, Forrest Musgrove, Jordyn Caulfield, Nathan Pang, Derek Lin



# Senior Orchestra

**Row 1:** Evan Culver, Maleah Mimaugh, Julia Meyer, Jihoun Yoon

**Row 2:** Stephanie Shin, Rachel Kim, Katie Cloud

**Row 3:** Jasmine Ambrosio, Yichen Xu, Ho Won Noh, Saba Toosi

**Row 4:** Alex Lee, Brenna Peterson, Zoe Sirotiak

**Row 5:** Suzanna Gilbert, Jacob Feddersen, James Kim, Kyoungbin Ahn





# Freshman Choir

**Back row:** Peter Woodruff, Benjamin Steward, Derrick Tope, Hector Arbuckle, Lucas McLeod, Jack Rogers, Tyler Carney, Jacob Schoenrock, Deshon Buchanan

**5th row:** Kara Henderson, Quintyn Wallace, Olivia Jenks, Sara Bergin, Sally Schrunck, Jake Finch, Cecilia Monroe, Julia Franco, Anna Stevens

**4th row:** Mali Bilstad, Casey Hinders, Kelly Friedrich, Chloe Barry, Melissa Liu, Beth Cyr, Jacob Hutchison, Taylor Vannoy, Daemon Crouse

**3rd row:** Rebekah Wilson, Ben Rogers, Halla Ferguson, Jessie Bayouth, Caroline Paxton, Isabel Polashek, Rachel Harms, Noelle Diedrichs, Taylor Chumos

**2nd row:** Selaam Dollisso, Jordyn Overton, Marin Ellis, Erin Guge, Janelle Maldonado, Erin Noyes, Aubrey Branch, Daria Bentley, Brittnie Dunn

**1st row:** Macee Herring, Hannah Troyer, Jadzia Faisal-Ford, Nicole Cho, Anna Napolitano, Hattie Stenberg, Olivia Oppedal, Shay Wobig, Barbara Santos



# Concert Chorale



**Back row:** Robbie Kroeschell, Ben Feddersen, Miles Snyder, Christian Manahl, Derek Thilges, Brian Today, Nate Deal, Ben Sulzberger, Rebekah Bell, Louis Hurd, Nick Stott, Noah Snyder, Lee Grim, Conor Johnson

**5th row:** Micheal Agbaje, John Topf, Joel Devick, Jill Zmolek, Frank Mirano, Michael Burke, Moe Elsadig, Maggie Culhane, Nathaniel Metcalf, Audrey Diesslin, Olivia VanWeelden, Libby Kallsen, Jacob Linch, Will Franke

**4th row:** Beriah Forney, Lena Menefee-Cook, Josie Dubiel, Rachel Bell, Zack Lynch, Eli Bratsch-Prince, Alec Withers, Max Wei, Jared Coleman, Andie Newell, Amelia Merchant, Hannah Bloch, Mykah Kennedy, Roman Hart

**3rd row:** Sarah Bell, Emily Greene, Madi Franco, Hannah Hartmann, Anna Imhoff, Megan Peters, Thea Brenner, Macy Vollbrecht, Makenzie Putz, Alyssa Sailor, Jana Kim, Sabrinna Hegelheimer, Ethan Holtman

**2nd row:** Francesca Spencer, Anna Ogilvie, Matt Carlson, Alissa Watters, Rachel Junck, Heavenly Baccus, Mattie Kupfer, Kyleigh Cowles, Lucy Ching, Kristen Frueh, Alexa Cross, Allie Mullen, Olivia Brouwer, Veronica Fisher, Kira Marcott

**1st row:** Brianna Scioneaux, Angela Tucker, Michelle Lang, Mary Beth Coleman, Meghan Collett, Ali Sandler, Dyanna Trejo, Esther Lee, Megan Henschen, Lila Rice, Naomi Bratsch-Prince, Katie Fukushima, Stephanie Shin, Kailee Allen



# Concert Choir



**Back row:** Marcus Reecy, Dan Chan, Alden Johnson, Anna Tibben, Andrew Bryant

**5th row:** Austin Barrientos, Brett Stone, Kris Cross, Patrick Schmidt, Toble Tankhai, Maggië Hoffman, Luke He

**4th row:** Liza Domek, Antwone Moua-Phonvilai, Terry Jentsch, Reid Barker, Noelle Flugrad, Olivia Leslie, Jocelyn Digby

**3rd row:** Noah Stevens, Jill Schoenrock, Katie Cheaney, Chris Boeset, Lindsey Widmer, Katelyn Tehan, Morgan Amos

**2nd row:** Sofia Lence, Jenny Speas, Pieri Hays, Rachel Chun, Katie Cattanach, Sammie Rohrssen, Michaela Twito

**1st row:** Zoe Groat, Caitlyn Chellew, Camie Petrich, Destany Ennis, Amber Walker, Nikki Breon, Sabrina Lang

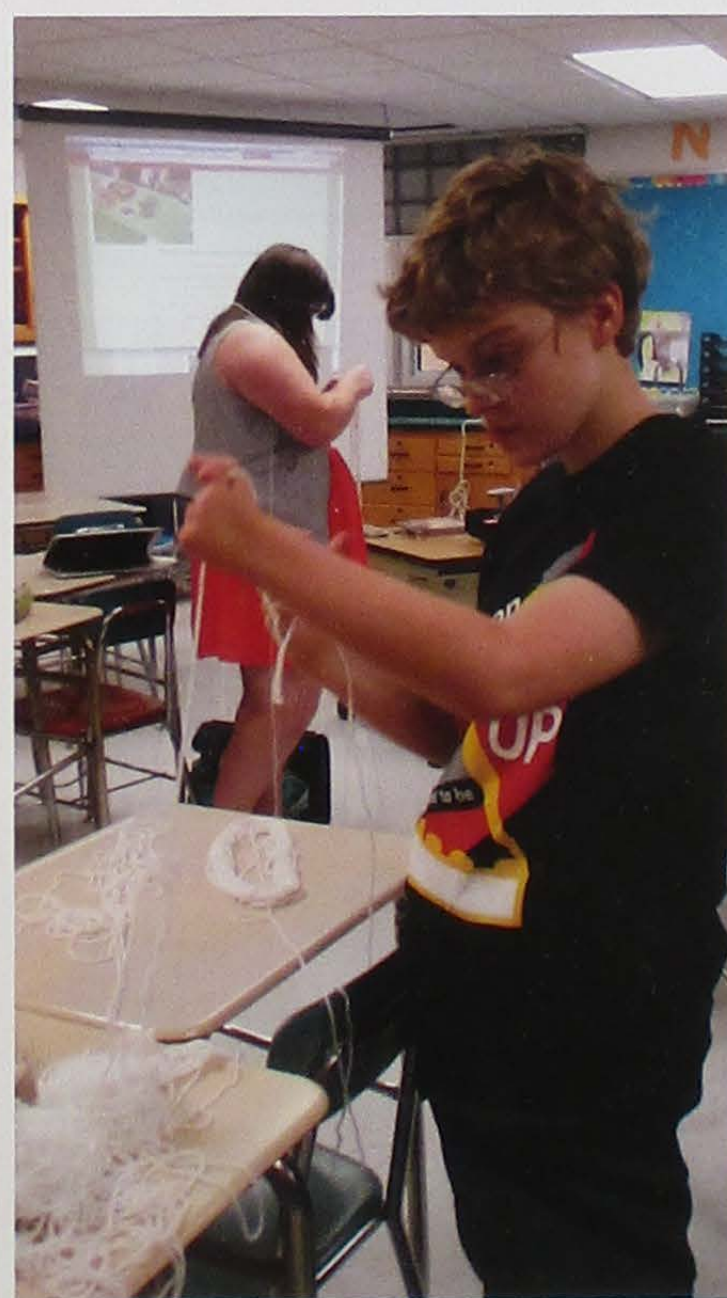
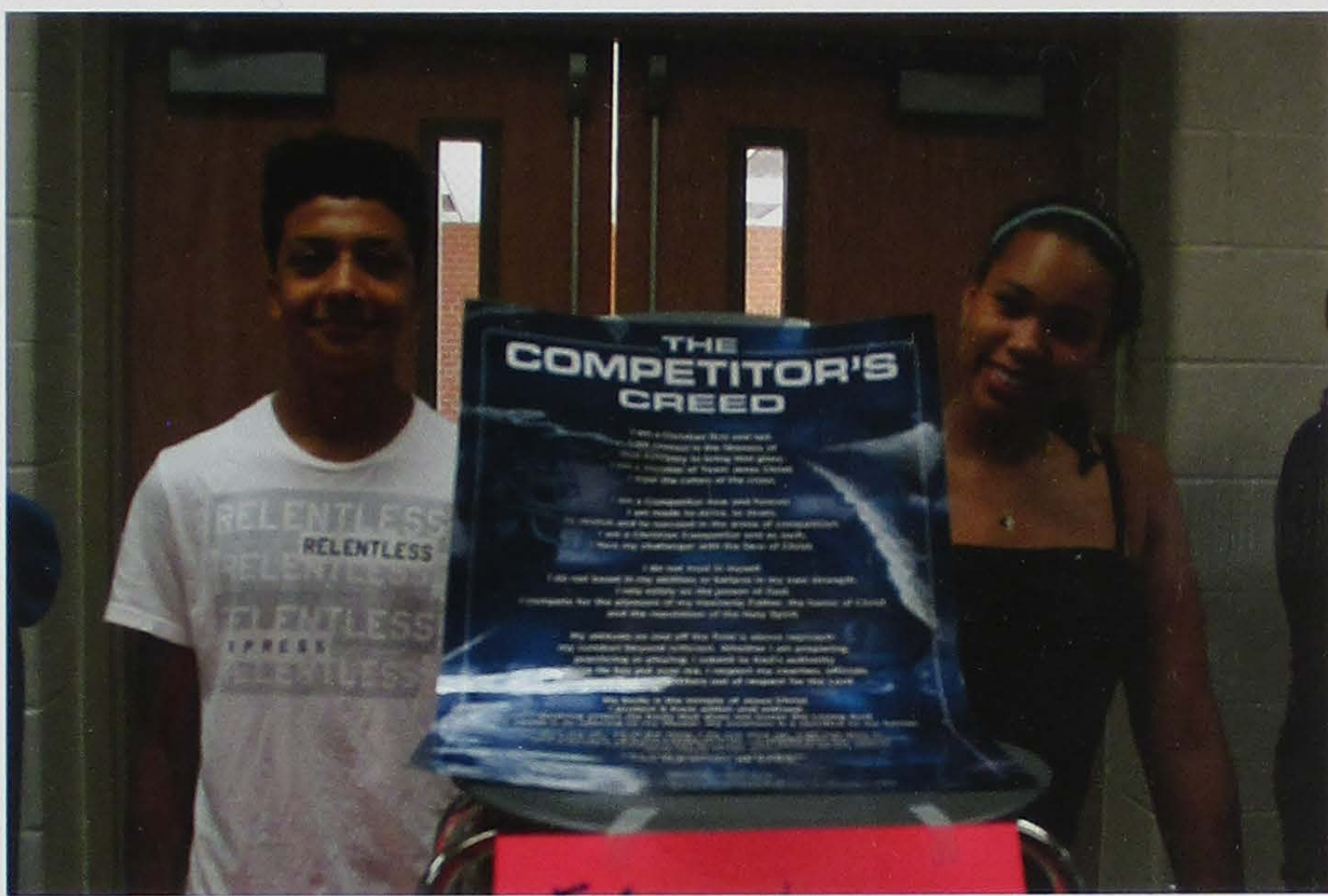




# CLUBS









# AHS Shout

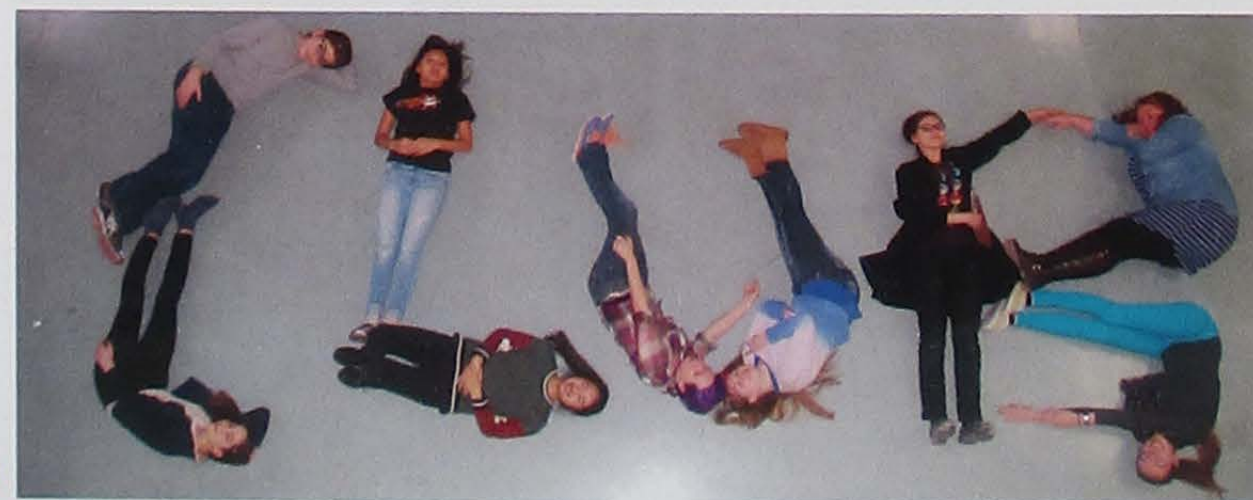


**Back Row:** Joshua Benjamin, Brandon Johnson, Truman Meyer, Griffin Meyer, Derek Thilges, Kub Stevens, Jill Zmolek, Ben Sulzberger, Derek Lin  
**Front Row:** Mattie Kupfer, Natalie DeRadcliffe, Rebekah Stevens, Maria Werner Anderson, James Webb

## Anime / Manga Club

**Back Row:** Golara Malaki, Booker Bayouth, Jason Park

**Front Row:** Derrick Tope, Mali Bilstad, Jaiden Bellet, Halla Ferguson, Marc Mbofung, Osayande Philip, Joshua Holman, Daemon Crouse, Jacob Schoenrock



## Art Club

**Top photo, left to right:** Amber Mohamand, Tyler Postma, Sylvia Hollander, Polyphony Bruna, Mali Bilstad, Taylor Chumos, Katherine Cheaney

**Bottom photo, left to right:** Mason Porter, Adelina Tuchin, Kim Yin, Jamie Zhang, Veronica LaPietra, Madeline Schill, Marlene Dorneich-Hayes, Wren Kress, Braeden Weyhrich





# Catalyst

**Front Row:** Jordyn Overton, Aubrey Branch, Devaughn Stringfellow, Matt Adams, Joey Stohlmeyer

**Second Row:** Amara Lipsey, Alyssa Romp, Kira Marcott, Garrett Cooper

**Third Row:** Shaniah Smith, Lynette Kwaw-Mensah, Phaedra Lipsey, Joey Kosterman, Evan Culver, Cameron Tritle

**Fourth Row:** Michael Bloom, Alden Johnson, Brody Tritle, Luke Heilman, Johannes Gassman

**Not Pictured:** Christian Bannatine, Britney Stuart

# Dance Marathon

**Fourth Row:** Conor Johnson, Ryan Weiss, Phaedra Lipsey, Amara Lipsey, Jack Rogers, Will Franke

**Third Row:** Lauren Niehm, Josie Dubiel, Sally Shrunk, Natalie Radcliff, Nicole Cho, Saba Toosi, Katie Peterson

**Second Row:** Ben Elyes, Selaam Dellossio, Abbie Eastman, Hayley Martens, Rachel Junck, Taylor Junck, Isabel Ingram

**Front Row:** Payton Boylston, Hannah Mumm, Anna Oglivie



# Debate

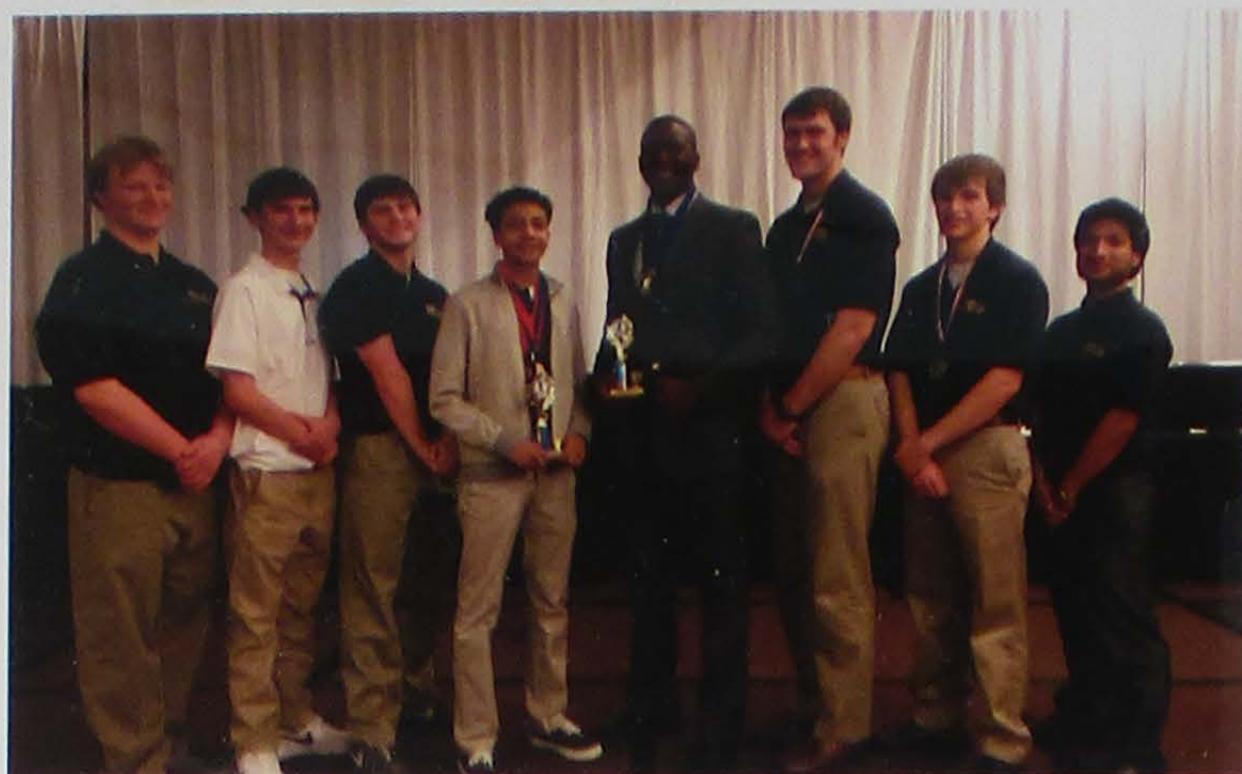


Hunter Feeley, Ronnie LaPietra, Ben Sulzberger, Serena Qamhie, Sarah Shen, Calvin Leslie, Michelle Hu, Jude Amous, Ian Hillier, Toby Garcia, Burhan Syed, Emma Cai, Nicole Essner, Agnes Suza, Bailey Serk, Benjamin Moats, Ben Breshears, Seamus O'Connor-Walker, Daniel Andreotti, Bella Gyll, Maxwell Eness, Angelica Parsons, Truman Meyer

Not Pictured: Derek Lin, Lucy Ching



# DECA



Sam Stuve, Chase Gorman, Luke Smith, Melvin Osanya, Tyler Brase, Brendan Gorman, Rahul Sarkar

# Drama Club

**Back Row:** Mr Woolery, Erin Noyes, Rachel Harms, Ali Sandler, Tyler Voas, Takeshi Suzuki, Dakota Robinson, Jude Amous, Ethan Holtman, Thomas Garrett, Jill Shoenroch, Megan Collette

**Front Row:** Brett Stone, Cecilia, Will Franke, Mykah Kennedy, Conor Johnson, Joey Bingham, Olivia Leslie, Noelle Flugrad, Morgan Mulford, Chase Wingate



# ECO Club



Kenneth Prell, Evan Culver, Ray Peterson, Lane Danielson, Garrett Elrod, Ross Banach, Amber Olson, Nash Masinde, Katelyn Tehan, Kyle Schaudt, Eli Bratsch-Prince, Paulina Lavrova, Will Fowler, Delaney Sandborn, Bailey Sterk, Sabastian Feder-spiel, Jocely Digby, Sarah Nogle, Quintyn Wallace





# Fiber Club

Fox Henson, Anna Tibben,  
Angela Tucker, Alyssa Har-  
vey, Emily Helmer, Golara  
Malaki

# Fishing Club

Benjamin Joeger, Jacob  
Arrowsmith, Devin Els-  
worth, Jonathon Blakely,  
and William Hays



# Garden Club



Jack Heikens, Max En-  
ess, Mattie Kupfer, Nash  
Masinde, Yushi Hattori,  
Lena Menefe-Cook, Ken-  
zie Putz, Elyse Warriik,  
Zoe Pritchard, Daniel An-  
dreotti, Ben Sulzburger,  
Michelle Hu, Ania Cham-  
berlin



# Gammaphone



Back: Jared Coleman, Thomas Garrett, Joey Bingham, Charles Forney, Spencer Cadogan, Cameron Merritt, Eric Baldrige

Front: Morgan Mulford, Anna Imhoff

# Homecoming Committee

**Back:** Hannah Mumm, Bridget Carney, Nadia Huffman, Livvi Mann, Hannah Lindsey, Ellie Lemer, Abby Dieter, Alex Munn, Katie Culhane, Alicia Orr, Hannah Bloch

**Front:** Stephanie Shin, Kira Mann, Karman Adams, Serena Paulson, Isabel Manahl, Lauren Eller, Catherine Quant, Jenna King, Eryn Huff, Emily Frisk



# 100th Green Butterfly

**Back:** Aaron Mann, Karin Halverson, Josie Dubiel, Lena Menefee-Cook, Zoey Lazere

**Front:** Lee Taylor, Abbie Dirks, Isaac Neppel, Hayley Palensky, Michelle Hu





# Ice Skating Club



Deeksha Sarda, Kiana Sadler, Amara Faisal-Ford, Lucy Ching

Reed Boman, Toby Linder, Dawson Perrin

# Key Club

Ajouj Atack, Abbie Berryhill, Adam Berryhill, Alexandar Barlett, Ella Bartlett, Kourtney Barr, Alexandar Berryhill, Elijah Bratsch-Prince, Naomi Bratsch-Prince, Payton Boylston, Jamie Campbell, Izzy Collins, Beth Cyr, Tiffany Chu, Carlie Dellman, Angela Dunkin, Lizzie Gartin, Allyson Goodman, Zoe Hamstreet, Margit Herrmann, Yushi Hattori, Elizabeth Jackson, Wooyoung Joo, Rachel Junck, Taylor Junck, Regan Kilzer, Andrew Kim, John Kim, Zoe Lenz, Amara Lipsey, Phaedra Lipsey, Melissa Liu, Zachary Lynch, Kevin Maxwell, Ananya Mitra, Katelyn Moore, Eileen Murray, Ashlyn Neppi, Elanna Neppel, Alexander Ostendorf, Alexandar Palensky, Hayley Palensky, San Won Park, Caroline Paxton, Makenzie Putz, Grace Rosheim, Delany Sanborn, Kyle Schaudt, Binaya Shrestha, Soledad Slowing, Madeline Spikes, Saba Toosi, Macy Vollbrecht, Olivia Van Weelden, Max Wei, Tiabin Xu, Jamie Zhang



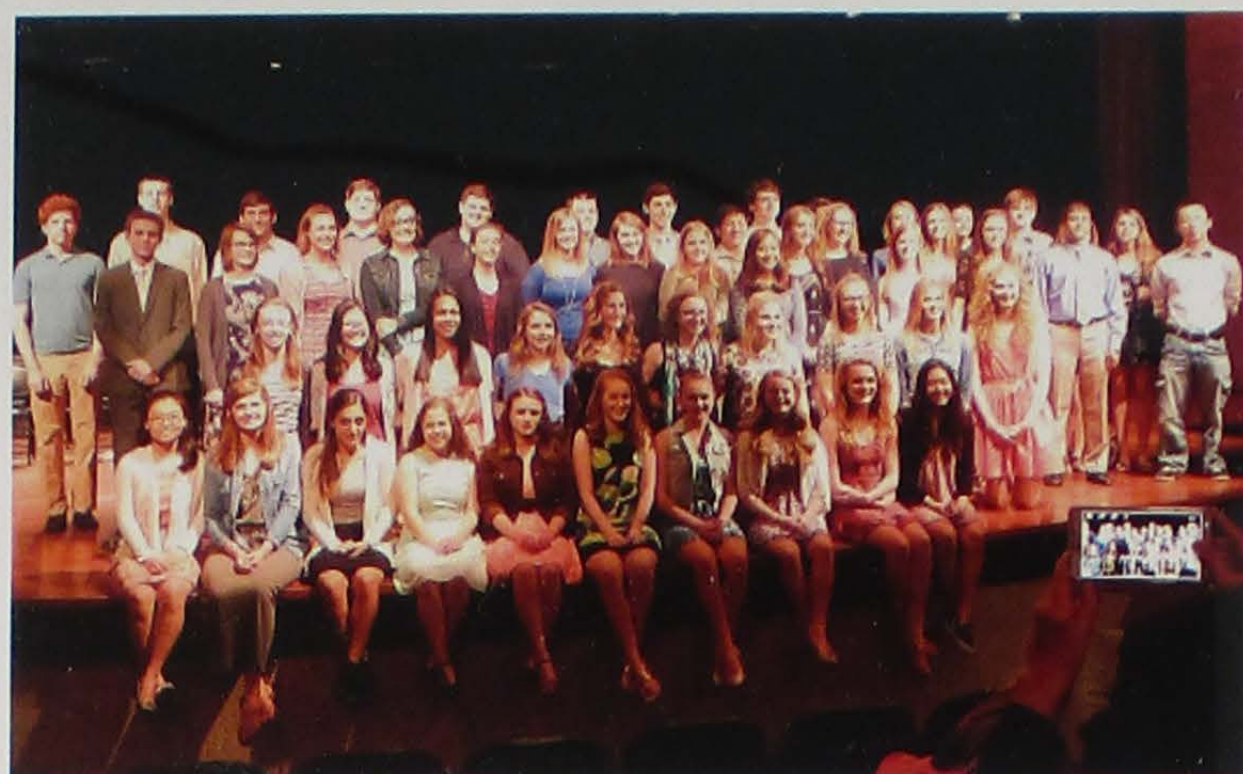
# Model UN



Listed alphabetically:  
Jude Amous, Daniel Andreotti, Martin Chamberlin, Carlie Dellman, Marlene Dorneich-Hayes, Paulina Lavrova, Will Fowler, Goloria Malaki, Nash Masinde, Rahul Sarkar, Bailey Sterk, and James Wineinger. Sponsor: Chad Zmolek



# National Honor Society

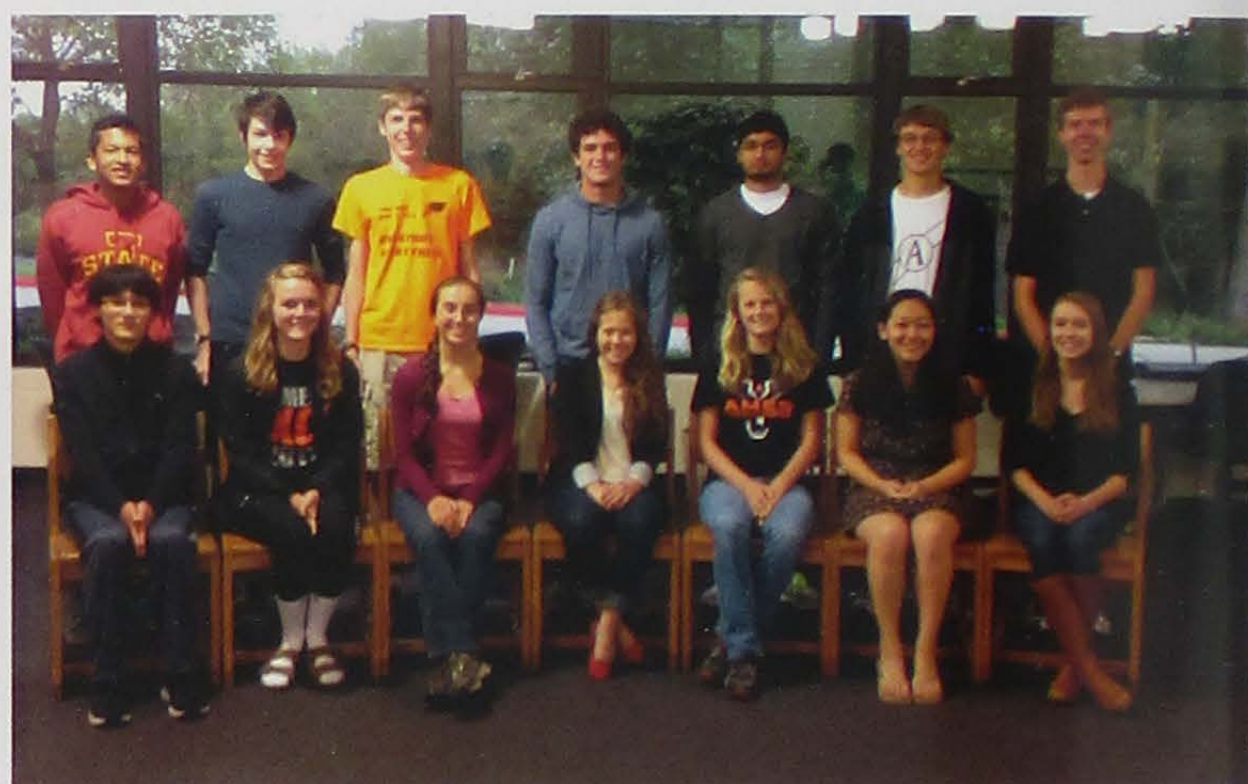


Jay Amin, Brynna Bargfield, Ella Bartlett, Hannah Bloch, Payton Boylston, Eli Bratsch-Prince, Thea Brenner, Stephanie Cho, Alexa Cross, Kelanie Crosswait, Abby Dieter, Abbie Dirks, Claire Dupuis, Gage Eller, Will Franke, Maria Freeman, Yushi Hattori, Joanna Held, Nadia Huffman, Conor Johnson, Rachel Kim, Jenna King, Zoey Lazere, Alexander Lee, Vejoo Lee, Phaedra Lipsey, Caleb Litster, Melanie Long, Aaron Mann, Caroline Marnin, Isabel McLeod, Amelia Merchant, Julia Meyer, Charles Mooney, Jacob Mooney, Allison Mullen, Hannah Mumm, Isaac Nappell, Anna Ogilvie, Forrest Oh, Alex Palensky, Dagney Paskach, Serena Paulson, Emma Peeler, Katie Petersen, Brenna Peterson, Zoe Pritchard, Makenzie Putz, Emily Rehmman, Jessica Rehmman, Katherine Sailer, Molly Sanders, Olivia Sauer, Grace Scheibe, Saba Toosi, Stephanie Shin, Hari Sivaskandan, Kaleb Stevens, Kerry Strum, Ben Sulzberger, Hank Swalla, Alvin Tan, Kushan Tyagi, Nina VanDerZanden, Olivia VanWeelden, Elyse Warrick, Walker Weiss, Braeden Weyhrich, Maria Wohlsdorf, Zachary Woodbeck, Yichen Xu

# National Merit Semifinalists

**Back Row:** Akash Mitra, Will Fowler, Vincent Montabon, Chris Halbur, Kushan Tyagi, Luke Heilman, Jacob Feddersen

**Front Row:** Alexander Lee, Caroline Marnin, Julia Meyer, Brynna Bargfield, Carissa Roberts, Rachel Kim, Lauren Gentile



# Parallel



Jack Swanson, Ben Joerger, Alex Berryhill, Vincent Montabon, Will Franke, Alexander Lee, Grace Lee, Issac Lauber, Olivia Lauber, Michael Bloom, Ryan Helton, Patrick Schmidt, Joseph Kosterman, Bryan Hall, Luke Heilman, Peter Miller.  
Not Pictured: Aaron Marner, Eli Bratsch-Prince, Ben Popken, Kyle Schaudt, Jake Arrowsmith, Coach Joe Wheelock



# Polar Bear Club



**Listed alphabetically:** Shelly Baldrige, Kaitlyn Barr, Alexander Berryhill, Carson Campbell, Kyliegh Cowles, Beriah Forney, Andrew Grandgenett, Claire Gilbert, Allyson Goodman, Alyssa Harvey, Cole Haverkamp, Joanna Held, Sojeoung Kim, Alyssa Lehman, Alexander Lee, Grace Lee, Grace Lee, Jacob Linch, Aaron Mann, Peter Miller, Amber Mohmand, Katelyn Moore, Vincent Montabon, Kate Nettleton, Olivia Oppeda, Teresa Pelzer, Emily Rehmann, Jessica Rehmann, Lila Rice, Carissa Roberts, Matthew Roberts, Grace Scheibe, Arie Sirotiak, Zoe Sirotiak, Jack Swanson, Lee Taylor, Cameron Tittle, Zachary Vince

# Prom Committee

Jamie Campbell, Abbie Berryhill, Hannah Greenlee, Laurel Tiedeman, Tracie-Lynn Lamoreux, Madi Franco



# Quiz Bowl



**Back Row:** Mr Pleasants, Jack Heikens, Spencer Cadogan, Ken Prell, Will Fowler, Ben Moats, Nina VanDerZanden

**Front Row:** Evan Cuvler, Caleb Devick, Martin Chamberlin



## Robotics Competition: Team Neutrino



Ames High students: Jason Zheng, Jeremy Grzywacz, Conor Albinger, Lucas McLeod, Benjamin Steward, Timothy Steward (team captain), Jeremy Meyer, Zhi Li, Binaya Shrestha, Woo Young Joo, Logan Peters, Nathan Paskach, Dagny Paskach (team co-captain), Rucha Kelkar, Tiffany Chu, Takeshi Suzuk, Nicole Essner, Tianxin Xu, Bekah Stammer, Lane Danielson

## Science Olympiad

**Back Row:** Ben Moats, Kween Agba, Nina VanDerZanden

**Front Row:** Jeremy Meyer, Julia Meyer, Katie Fukushima, Brynna Bargfield



## Scratch Pad



Meli Bilstad, Ella Bartlett, Libby Kallsen, Mr Schmidt, Selaam Dellisso, Caleb Litster, Amelia Merchant, Sarah Shen





## Senior Girls Club

Brenna Peterson, Alex Munn,  
Catharine Quant, Hannah  
Mumm, Hannah Lindsey,  
Leah Smith, Kira Mann, Mykah  
Kennedy, Jessica Scharpenter,  
Maggie McGee, Nicole Auel,  
Shaniah Smith

## Senior Senate

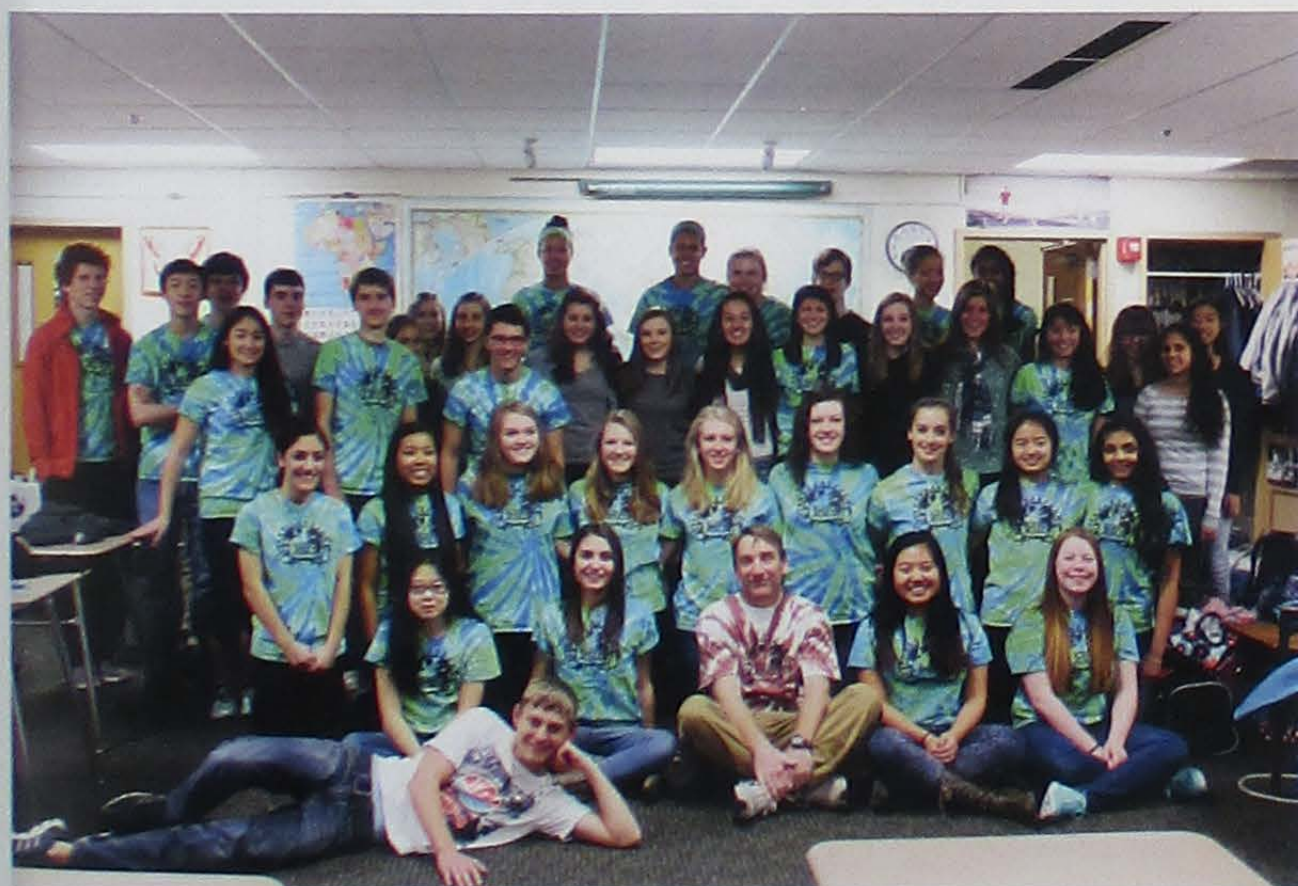
**Row 3:** Makenna Peterson, Han-  
nah Bloch, Nick Stott, Sam Rob-  
erts, Ny Gatwas, Mrs. Micalone

**Row 2:** Christina Cloyd, Alexa  
Cross, Lizzie Gartin, Hannah  
Mumm, Molly Sanders, Mayra  
Martinez, Amber Harrata

**Row 1:** Emma Peeler, Serena  
Paulson, Rebecca Stevens, Jayd  
Brown, Megan Henschen



## SHEPH



Aaron Mann, Alex Palensky, Ama-  
ra Lipsey, Ben Sulzburger, Brian  
Todey, Charlotte Lenkaitis, David  
Vigil, Deeksha Sarda, Eva Scheibe,  
Hallie Lartius, Hannah Schwartz,  
Hayley Martens, Jamie Zhang, Jana  
Kim, Judith Fan, Katie Petersen,  
Kenzie Putz, Olivia Van Weelden,  
Kerry Strum, Kavya Raju, Kelanie  
Crosswait, Madeline Spikes, Margit  
Herrmann, Makenna Peterson,  
Melissia Liu, Michellue Hu, Payton  
Boylston, Sofia Lence, Taylor Mon-  
roe, Thea Brenner, Tiffany Chu, Will  
Franke, Yushi Hattori



# Special Olympic Swimming



**Back Row:** Ryan Johnson,  
Ryan Palas

**Front Row:** Tom Burbey,  
Thomas Geater, Tristan Arp

# Spectrum

Noelle Flugrad, Sophie Roberts,  
Spencer Cadogan, Jo Hodges,  
Chase Wingate, Nate Deal, Dakota  
Robinson, Erin Noyes, Rachel  
harms, Brianna Scioneaux, Golara  
Malaki, Olivia Leslie, Chelsea Bow-  
ers, Hunter Feely, Meghan Collett,  
Megan Hofer, Abbie Eastman,  
Angela Dunkin, Robby White, Abbe  
Chase, Veronica Fisher



# Speech Club

**Freshman:** Erin Noyes, Philip Ma, Tyler  
Nord, Seth Henschen

**Sophomore:** Ra-  
chel Junck, Nicole Kelly, Carly Watson,  
Maria Werner Anderson, Brett Stone,  
Paritosh Dash

**Junior:** Molly Bagnall,  
Isaiah Riker, Madeline Bretey, Justin  
Wigdahl, Madeleine DeWald, Christian  
Bannantine, Olivia Leslie, Joey Cha-  
rels, Lena Menefee-Cook, Caleb Lister

**Senior:** Mykah Kennedy, Jacob Linch,  
Jayd Brown, Hannah Preston, Rebekah  
Stevens, Carissa Roberts, Austin Lohm-  
an, Amelia Merchant, Evan Culver,  
Andie Newell  
Coaches: Chuck Ripley,  
Erin Miller, Connie Ringlee





# Group All-State Speech



Nicole Kelly, Rachel Junck, Madeleine Bretey, Carly Watson, Maria Werner Anderson, Isaiah Riker, Justin Wigdahl

# Student Ambassadors

**Seniors:** Abby Dieter, Amelia Merchant, Anna Oglivie, Ashley Sitzman, Caroline Baum, Caroline Marnin, Chris Halbur, Forrest Oh, Grace Scheibe, Hannah Bloch, Hannah Mumm, Hari Sivas-kandan, Jihun Yoon, Kaleb Stevens, Olivia Van Weelden, Patrick Jasper, Payton Boylston, Stephanie Cho, Stephanie Shin **Juniors:** Abbie Dirks, Alex Palensky, Alissa Watters, Ashley Sitzman, Claire Dupis, Clara Janzen, Derek Thilges, Jay Amin, Jessica Moats, John Topf, Kub Stevens, Karin Halverson, Maddie Kouba, Margit Hermann, Maria Wohlsdorf, Max Wei, Michael Burke, Michelle Hu, Moe Elsadig, Molly Bagnall, Nathan Chen, Olivia Carter, Rana Hewezi, Ryan Weiss, Shelby Reeves, Thea Brenner, Zoey Lazere



# Student Council



Michael Burke, Max Diblasi, Parm Banwait, Alex Palensky, small youth, Brian Todey, Small Youth, Colin Welk, Jay Amin, Anna Stevens, Anna Ogilvie, Taylor Junck, Beth Cyr, Melissa Liu, Zoey Hamstreet, Hannah Mumm, Rachel Junck, Naomi Bratsch-Prince, Maddie Funk, Abbie Berryhill, Noah Stevens, Stephanie Shin, Mrs Deblasi, Eli Bratsch-Prince  
Not Pictured: Nalah Atroon



# Team Tailgate



Team Tailgate is a student-lead organization where all grades are welcome to join their classmates in the back parking lot for a grill out before sporting events, primarily football. This year Team Tailgate was lead by seniors Will Weber and Jonah Glenn.

# Tech Crew

**Back Row:** Brandon Johnson, William Buttermore, Harrison Walker, Takeshi, Justin Swenson, Meeron Merritt, Ben Breshears, Luke He, Maggie Hoffman

**Center Row:** Mr. Woolery, Jared Coleman, Luke Johnson, Thomas Garrett, Nick Reecy, Aidan Wineinger, Tyler Postma, Isacc Neppel, Ali Sandler, Morgan Mulford

**Front Row:** Griffin Meyer, Zach Vince, Cecelia Monroe, Natalie Deracliffe, Clara Mikovc, Rachel Harms, Erin Noyes, Megan Hofer, Meghan Collett, Anna Imhoff, Emily Frescoln, Olivia Leslie, Joey Bingham



# The Web

Aaron Marner, Kub Stevens, AJ Foegen, Chris Halbur, Jared Larson, Joel Devick, Nash Masinde, Emma Stewart, Mykah Kennedy, Will Fowler, Lauren Gentile, Jenny Zhou, Anna Oglivie, Kate Murray, Serena Paulson, Stephanie Shin, Sahar Sebghati, Ella Bartlett

Not Pictured: Shelby Reeves, Maddie Funk, Andrew Ellis, Tiffany Chu





# Thespian Society



Thespian Society is an organization that consists of the numerous talented actors and tech crew who make theatre at Ames High happen. Students earn “points” for each production, which then qualifies them for membership in this elite group.

## Voice for Arts Club

Autumn Jones, Mrs. Engelkes, Jessica Moats, Mattie Kupfer, Lena Menefee-Cook, Zoey Lazere, Ana Correia, Olivia Carter, Megan Hofer, Clove Woodworth, Aubrey Branch, Philip Ma





## RACHAEL WALKER



We love you and are so proud of you!  
Love Dad, Mom, and Jessica

"For I know the plans I have for you,'  
declares the Lord, 'plans to prosper you and  
not to harm you, plans to give you hope and  
a future.'"

Jeremiah 29:11

## AUSTIN LEMPER



Congratulations, Buddy  
Love you-Mom and Dad

## PHAEDRA LIPSEY



Congratulations,  
Phaedra!

We are proud of the  
person you have  
become. You are  
loved by so many.

Love, Mom, Dad, Amara, Teagan, and Tamin

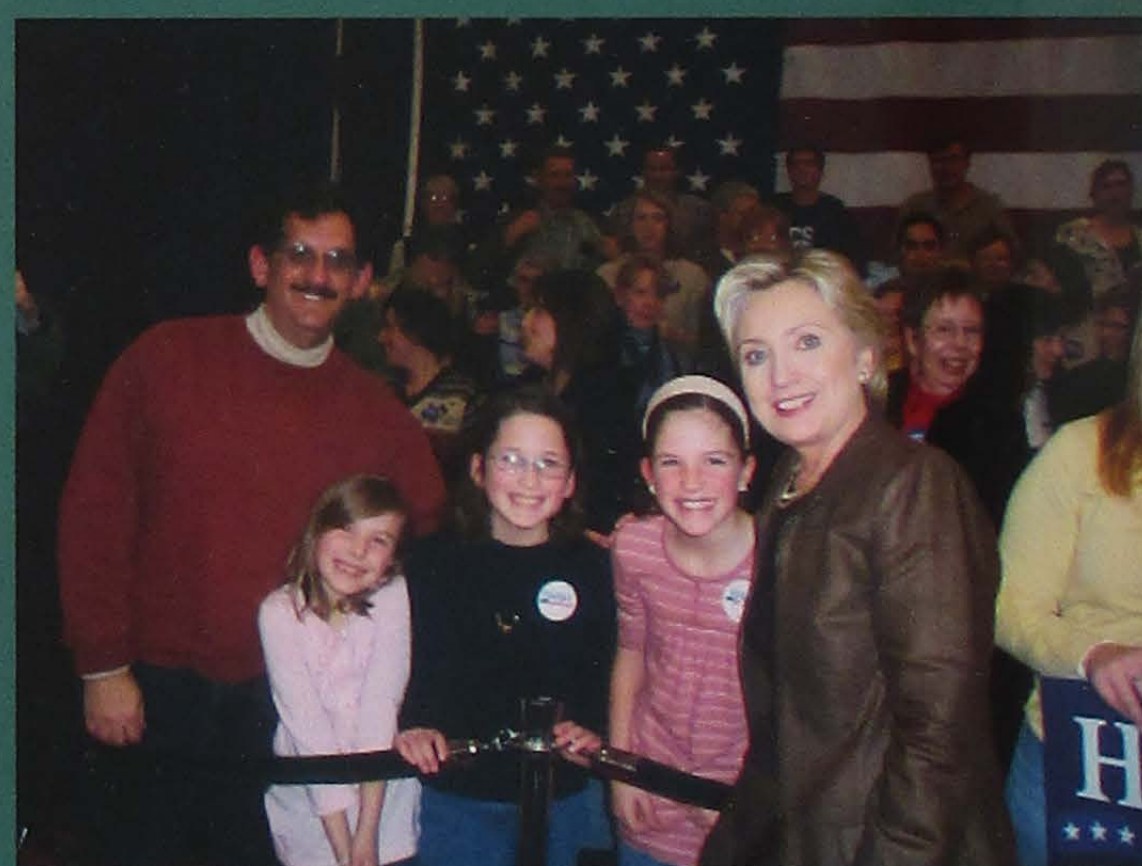
## GRACE SCHEIBE



Congratulations,  
Grace!

We love you!  
Dad, Mom,  
Eva, and Claire

## ANDIE NEWELL



One of these women grew up to be the  
leader of the free world, and one grew up to  
be Hillary Clinton. Congrats and love, Andie!  
Go conquer NYC at NYU!

## JACOB LINCH

"Life is an improvisation.  
You have no idea what's  
going to happen to  
happen next and you are  
mostly just making things  
up as you go along."

-Stephen Colbert



We are so proud of you!  
Love, Mom, Dad, Emily, and Lydia



## KATIE CATTANACH



Happy Graduation, Katie! We are so lucky to have an amazing daughter like you. We are so very proud of you!

Love,  
Mom and Dad

## AJ FOEGAN

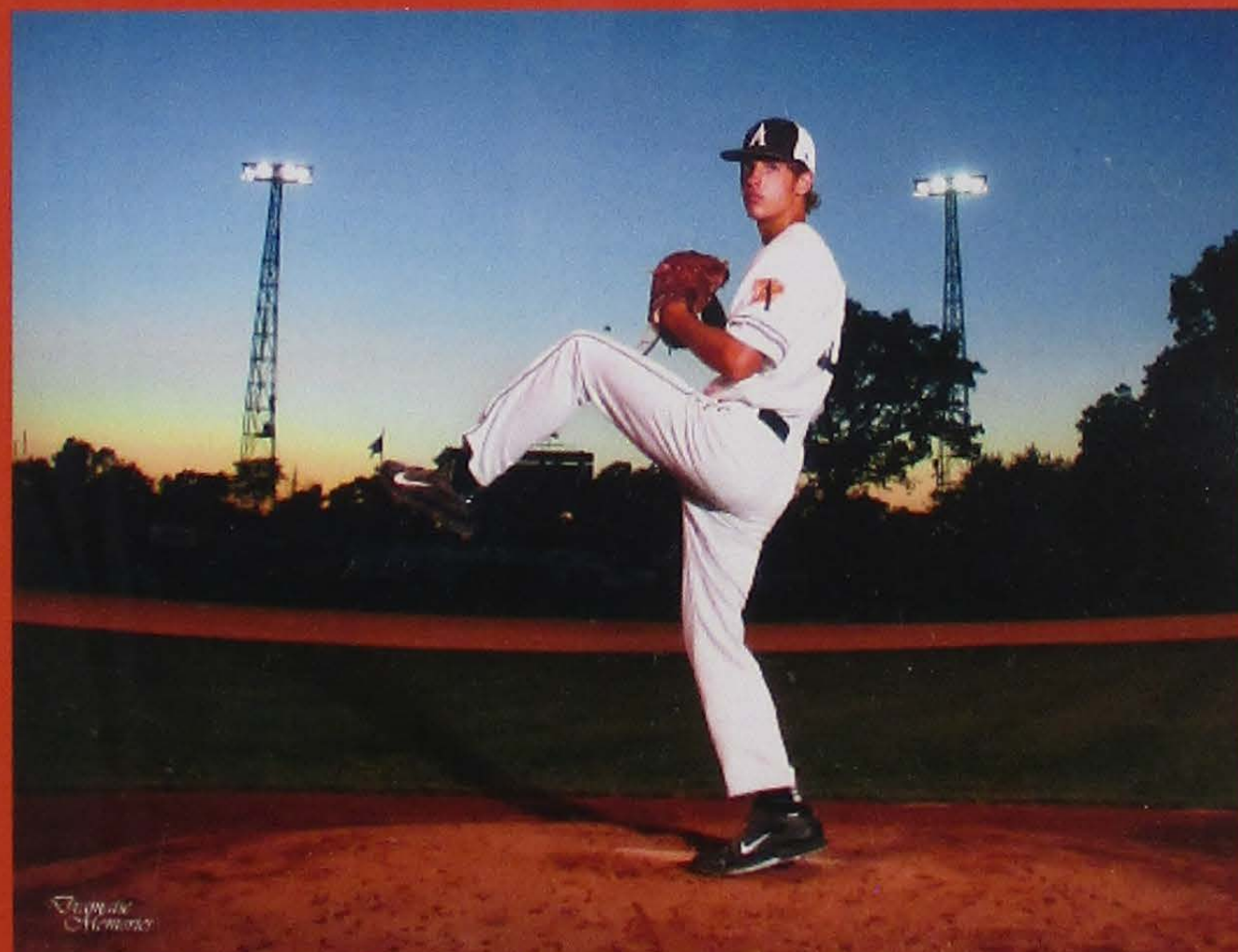
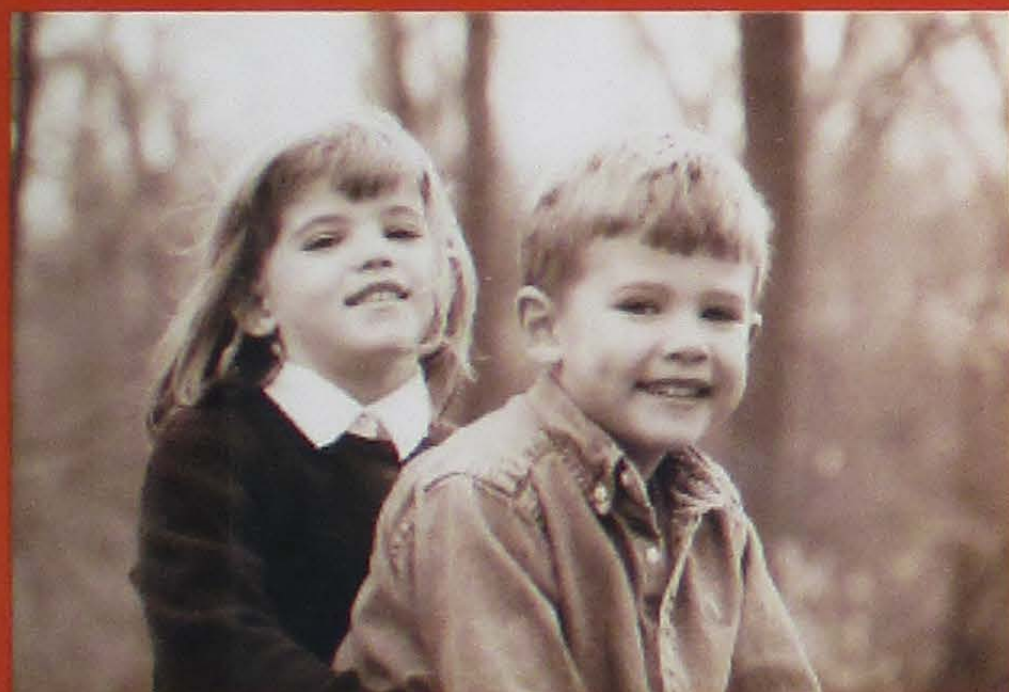


"Whoever is happy will make others happy too."  
-Anne Frank

AJ, we are so proud of you and the fine young man you are becoming. You have brought happiness to our lives and those around you.

All our love,  
Mom, Dad, and Emily

## COLBY HANSEN



"A life is not important except in the impact it has on other lives."  
-Jackie Robinson

Colby, we are proud of the man you have become. We know you will do great things.

Love, Mom, Dad, and Gabrielle



## SERENA PAULSON



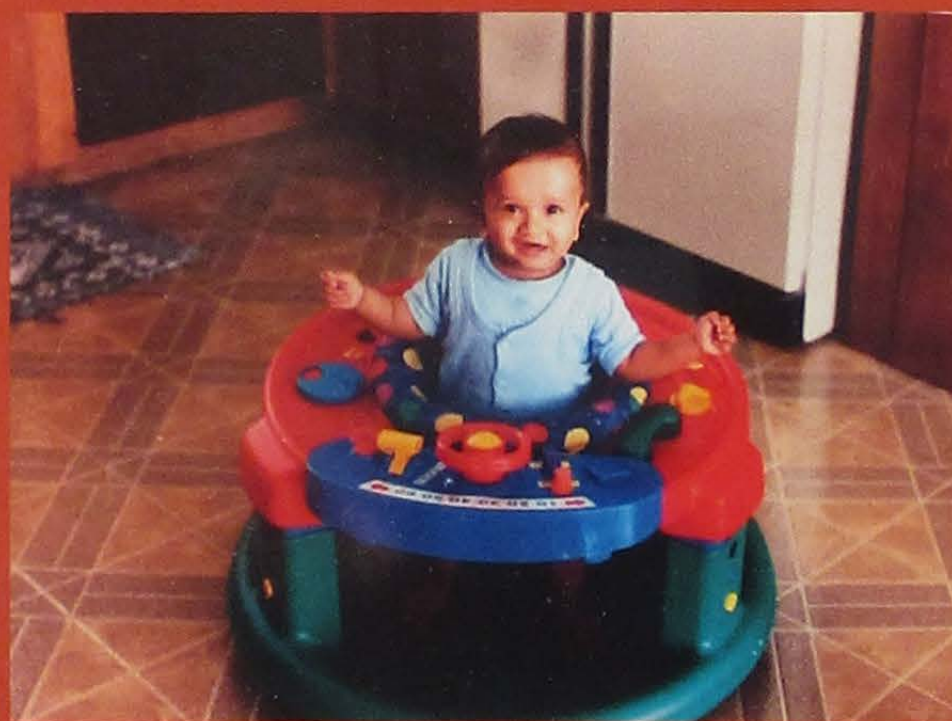
You bring us more joy than we thought possible. We love you.  
Mom and Dad

## IAN STEENBLOCK



Always thinking outside the box!

## HARI SIVASKANDAN



Dear Cholta,

It seemed like yesterday that you were born in Des Moines. Life has taken you all over the world from Marshalltown to Tokyo to Singapore to Ames and now to UCLA. Your sense of humor, maturity, and wisdom will always define you and help you shine in life.

Good luck at UCLA!

God bless!

Mom, Dad, Patti, Sandy, Tara, and Bobo

## FORREST OH



Congratulations!  
We are very proud of you, son.

Love, Mom and Dad

## CHRISTINA CLOYD



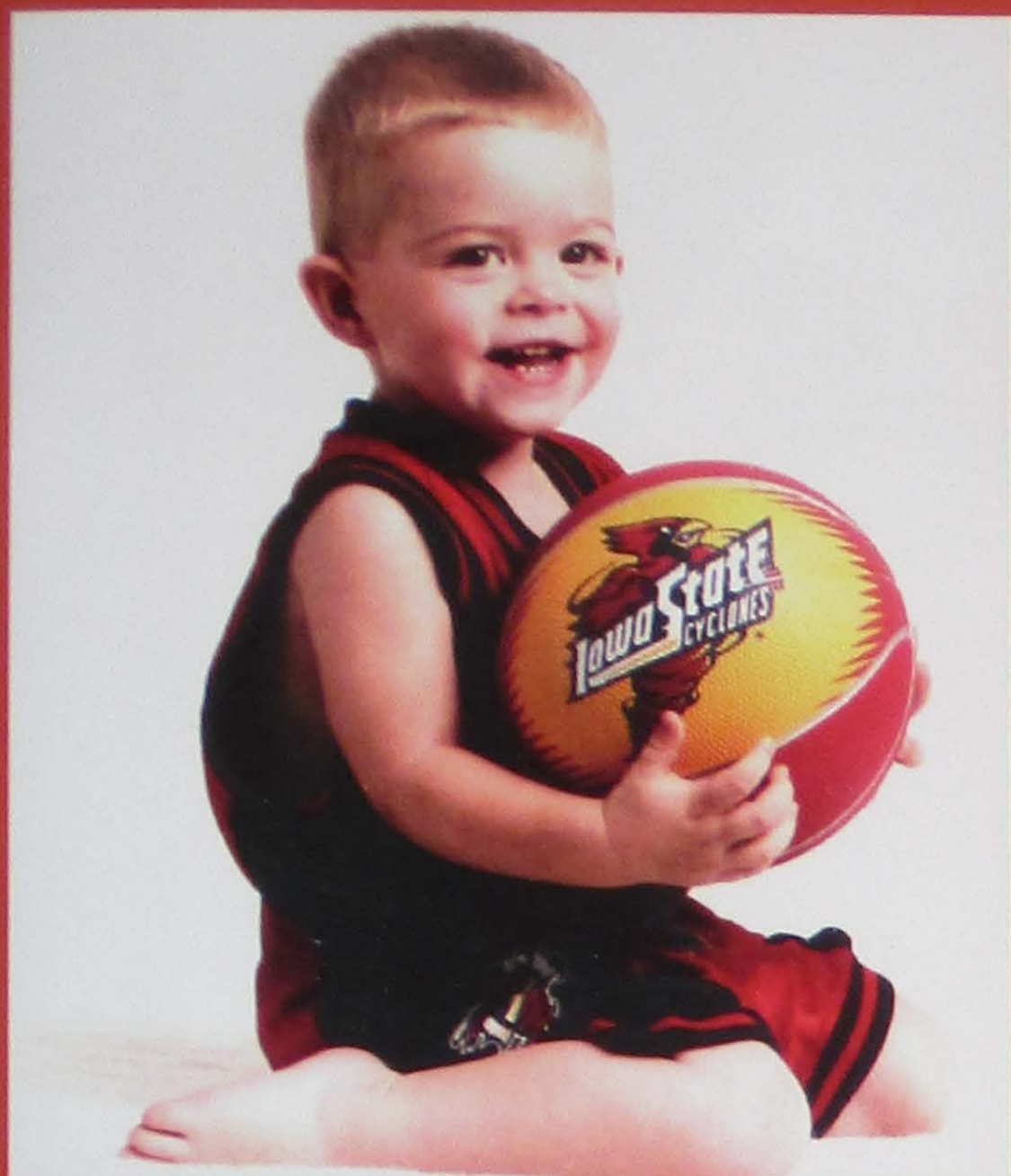
Christina Cloyd, you are a star!  
We love you and are proud of you.

Love,

Mom, Mike, Brad, Peyton,  
Piper, Grandma, and Grandpa

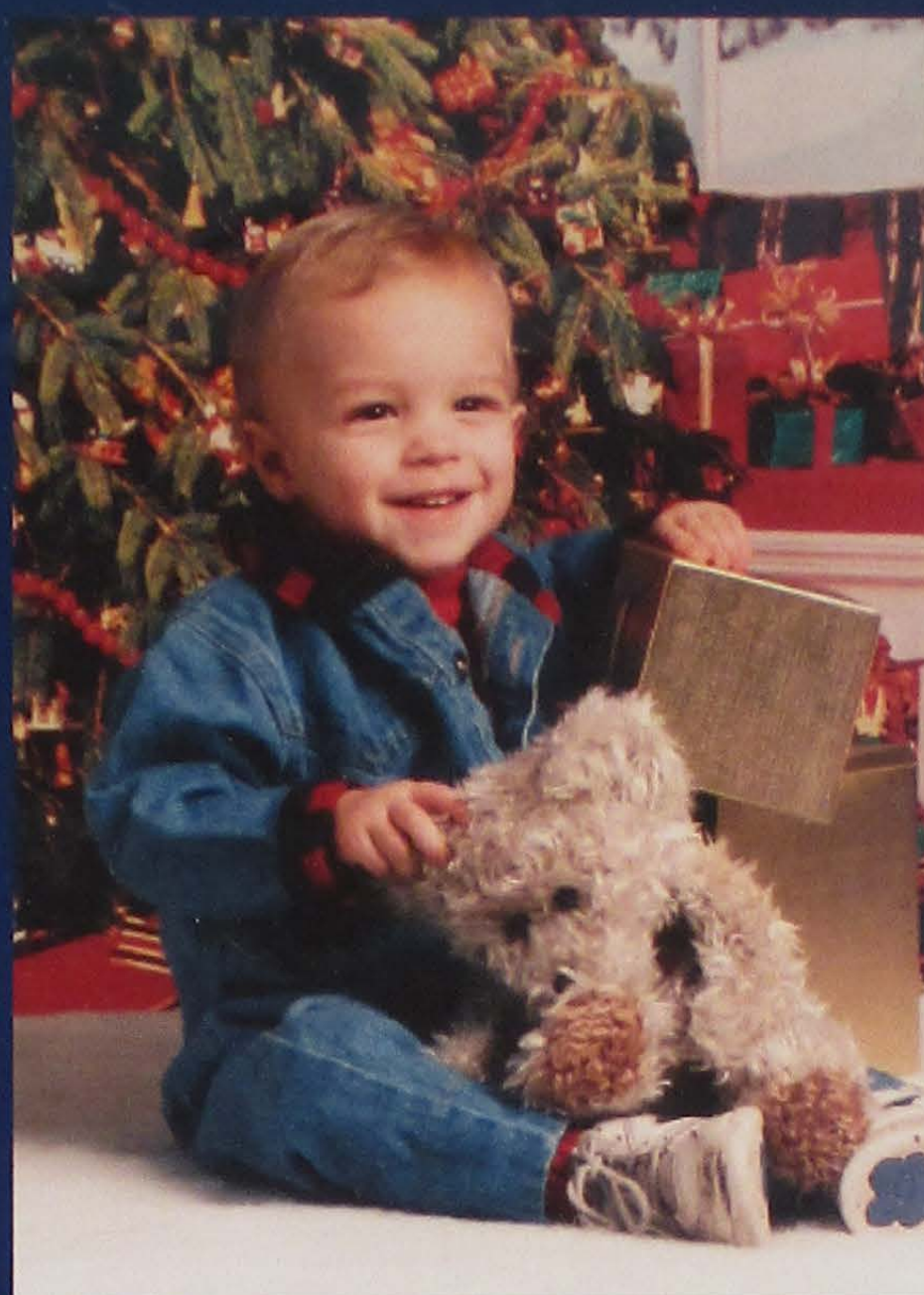


## HUCK BORKOWSKI



I'd rather be frofing.

## ZAK DUFF



Live life one 1/4 mile at a time.



## MYKAH KENNEDY

Mykah,  
We love you so much! What an amazing girl you are. You are caring, smart, witty, and talented all wrapped up in a beautiful package. Congrats on your graduation! You make us so proud! Love always and forever, Mom, Dad, Ravyn, Papa and Granny xoxo

## ISAAC BICHEL

Isaac, it hasn't always been easy, but you stuck with your goals and you made it! Dad is looking down with a smile. . . proud of you!

Love ya-Mom



## AUSTIN ARTHUR

Congratulations Austin!  
We love you,  
Mom, Dad, Adam, Alex and Ace



How did it get so late so soon?  
It's night before it's afternoon.  
December is here before it's June.  
My goodness how the time has flown.  
How did it get so late so soon?  
by Dr. Seuss



## RYLAN RUDD



This is the year. . . you graduate!  
We're proud of you! Love, Ryan and Mandy

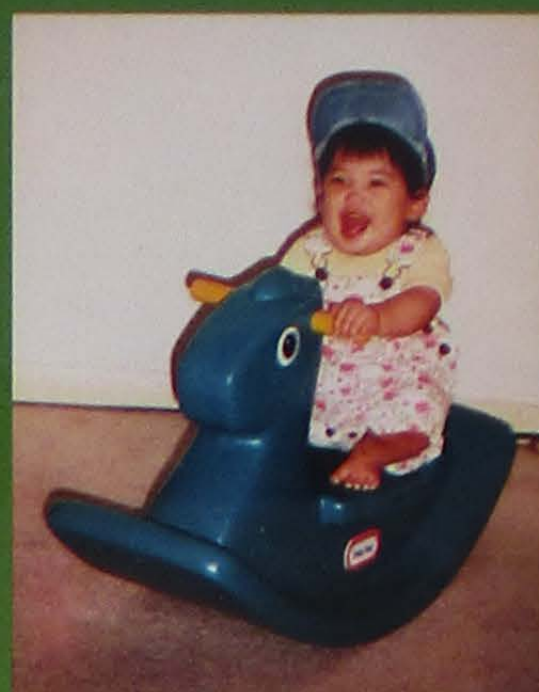


## EMMA PEELER



Emma,  
Keep Smilin' and Your Hopes  
and Dreams Will Come True!  
Love,  
Mom and Dad

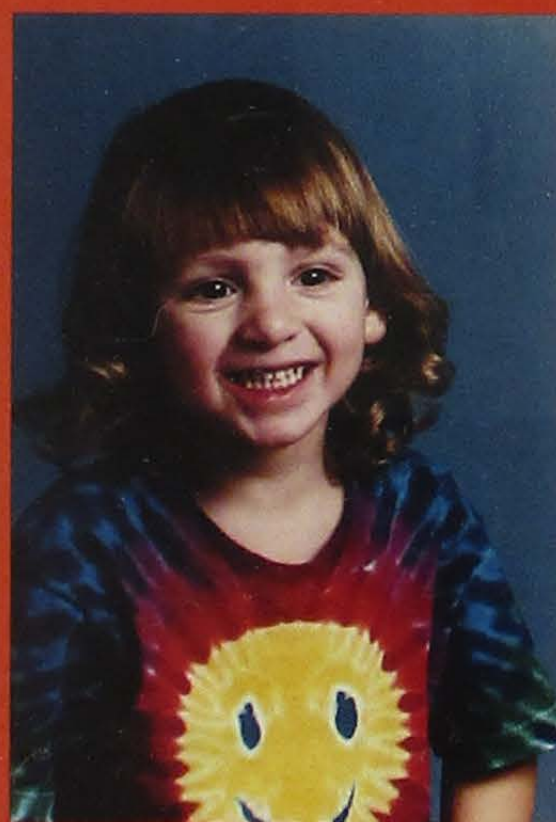
## JUDITH FAN



Dream. . .  
Not of Yesterday  
But of Tomorrow.  
Congratulations, Judith.  
We are very proud of you!

Love you always,  
Mama, Papa, and J.P.

## CONOR JOHNSON



"Be who you are and say what you feel,  
because those who mind don't matter and  
those who matter don't mind." -Dr. Seuss

We're very proud of you.  
Love, Mom, Dad, and Francesca

## WILL FRANKE



"Life moves pretty fast. If you stop and look  
around once in a while, you could miss it."  
-Ferris Bueller

Will,  
We are so proud of you and can't wait to see  
what's next as you continue on your journey.  
Love, Mom and Dad



## JASMINE AMBROSIO



Jasmine – Such a charming child, and now  
une jeune femme exceptionnelle.

Love always, Mom

“Our greatest glory is not in never  
falling, but in rising every time we fall.”

-Confucius

## JACK SWANSON



Congratulations, Jack! We wish you amazing  
experiences, and we couldn't be more proud  
of you. All the best to you in this next chapter  
of life.

With Love,  
Mom, Dad, John and Jeff

## BRENNNA PETERSON



Congratulations, Brenna!

We are so very proud of you and know you  
will go on to do great things! Blessings to  
your beautiful and bright future!

Love, Mom and Dad

## JAKE STONE



No matter where  
life leads you, we  
always have your  
back. We are so  
proud of you!

Love,  
Dad, Mom,  
and Brett

## MARISSA WOODSMALL

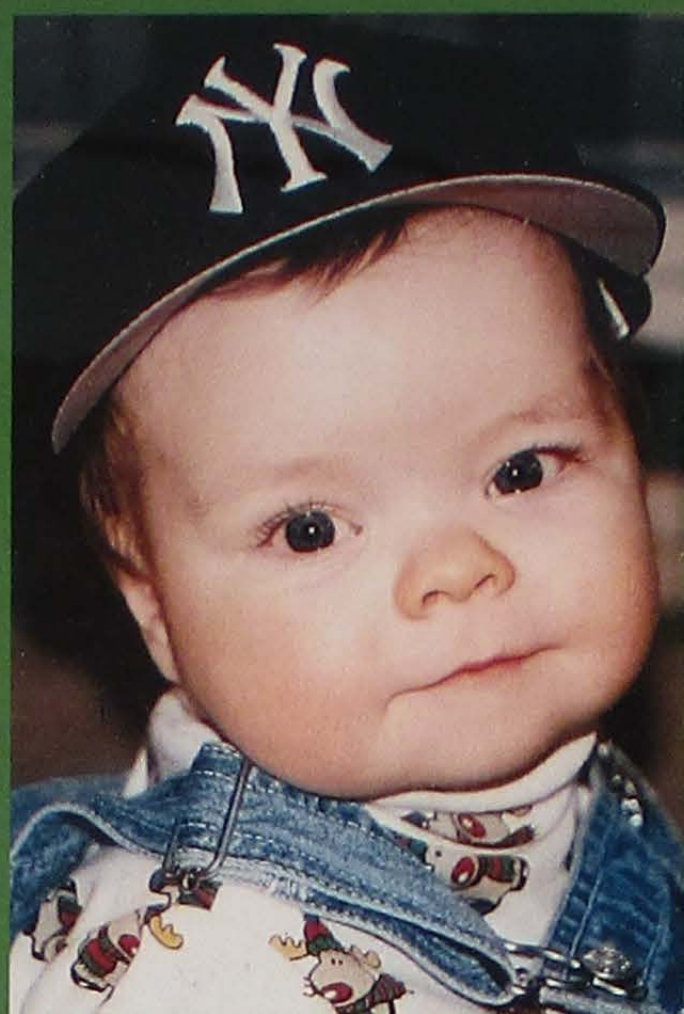
Shoot for the  
moon. Even if  
you miss you'll  
land among the  
stars.



Congratulations! We are so proud of you.  
Love, Mom, Dad, and Braden



## THOMAS CLEM



Congratulations, Thomas!  
We are so proud of you and we love you so  
very much!

Always, Mom, Dad, Allie, and Ryan

## AUSTIN WHITE



We are so very proud of you, Austin George!  
Always follow your dreams to be the best  
you can be.

We love you always,  
Mom, Dad, Max, Gannon, and Jack

## MEGAN FOX



"It matters not what someone is born, but  
what they grow to be." -Dumbledore

Congratulations, Megan! We are so proud of  
you and your accomplishments and super  
excited about your future!  
Love, Dad, Mom, and Caitlin

## AMELIA MERCHANT



Congratulations, Amelia!  
We are so proud of the lovely,  
intelligent young person you are  
and have always been.  
Love, Mom, Dad, Christopher,  
and Catherine

## NICKOLAS REECY

From a "Little  
'Clone" to a  
"Little Cyclone"  
to a  
CYCLONE. . .



We're very proud of you.  
Mom and Dad



## BRYNNA BARGFIELD



Brynna,  
Keep exploring. Keep holding onto life  
with both hands. Keep drinking in  
everything the world offers.

Love. Mom

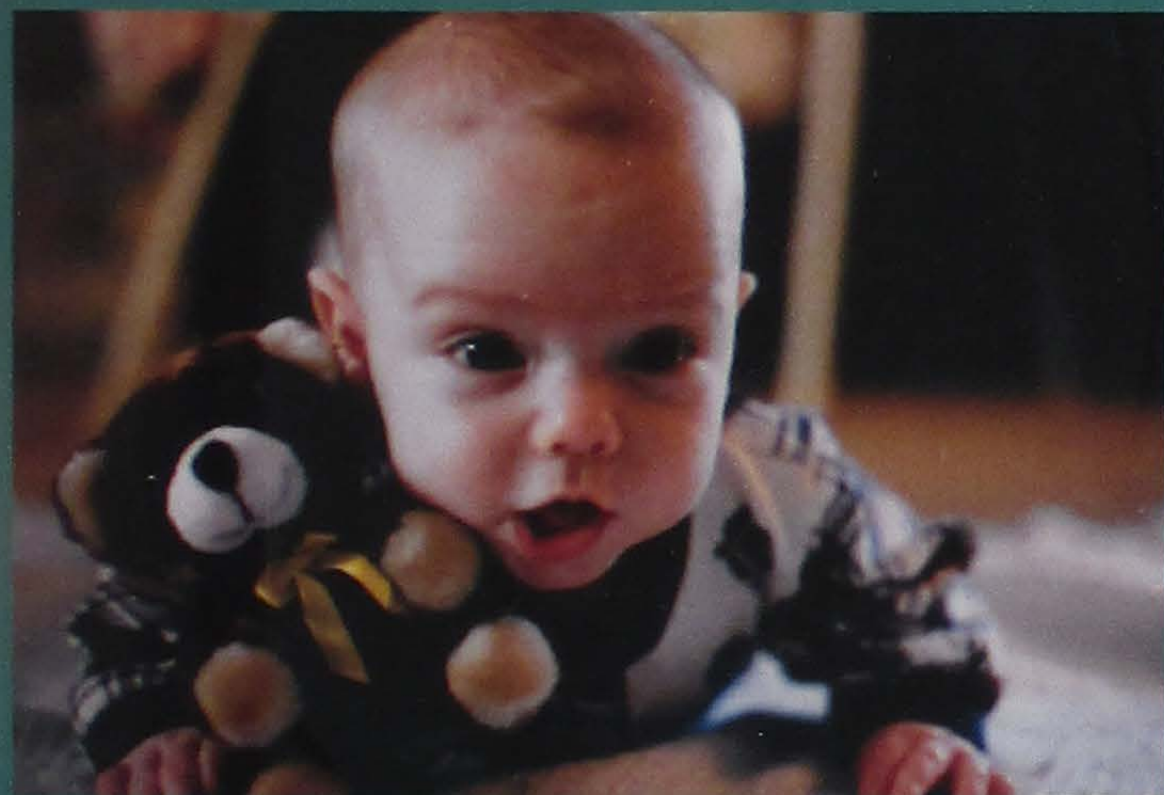
## ALEX ALBIN



Alex, you were such a sweet, cute little boy.  
You have given us so many wonderful  
memories. You have grown up to be a  
handsome, kind hearted, hard working  
young man. We are so proud of the man you  
have grown up to be.

Love, Mom & Dad

## JOSH ENGELKEN



Congratulations, Josh!

Love,  
The Family  
Mom, Dad, Kelsey, Jacob, and Josiah

## YOUR SENIOR COULD BE HERE!

(your embarrassing baby picture here)

Honor your senior in the 2015-2016 SPIRIT!

Contact the yearbook staff for more  
information.

[yearbook@ames.k12.ia.us](mailto:yearbook@ames.k12.ia.us)



## BETH CLARKE STUDIO OF DANCE



Front row (L to R):  
Christina Cloyd, Elizabeth  
Reilly, Abby Dieter

Middle (L to R): Hope  
Brakke, Anna Bourke,  
Grace Mills, Jakelinne  
Linares, Bailee Will

Back (L to R): Kaitlyn Barr,  
Chelsea Bowers, Olivia Van  
Weelden, Serena Paulson,  
Melanie Long, Brenna  
Peterson, Katie Cattanach,  
Katie Sailer

Thank you, dear seniors, for sharing with me your love of dance.  
"To dance is to live. . . to live is to dance."

## RETIRING TEACHERS

We thank you for your service to the Ames High family!



Ms. Albaugh



Mr. Seifert



Mrs. Telleen-Martens



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